



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 4, Issue 6

September 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 and Carers,

Our 'Step into the Limelight' students performed at the AIS in front of a sell-out crowd. They were a huge success receiving many compliments. The night itself was the result of months of rehearsals and preparation with our young people showing incredible commitment to working together as a team and growing in confidence to perform on the night. Congratulations to all our performers, and many thanks to the organisers; Alice, Rebecca, Dahlia and Max.

Student learning underpins all our programs and Term 3 has been an opportunity for us to share our great work in with 20 delegates from the Ministry of Education in Singapore. The focus for the visit was to learn more about how we use technology and communication technology to support students integrating with the Australian Curriculum. Small groups of 3-4 delegates were given a tour around the school, visited classes to observe lessons and gathered in the library for a question and answer session. The feedback was very positive and affirming of how we work to connect students with learning.

Stronger Us

Our final professional learning for the term is the staff versions of the Healthy Mind Platter developing our own approach to self-care and continuing to build a community understanding of mental health and wellbeing. This is very timely as we promote the importance of 'R U OK?' Day. We've been working with our young people about the importance of checking in with each other, listening and seeking help as needed. Outside of school, some options for seeking help are:

- Child and Adolescent Mental Health Service 65051469 (business hours)
- Crisis Assessment Team 1800629354 (outside business hours)
- Tuggeranong or Gungahlin Child and Family Centre 6207 8228
- Lifeline 13 11 14
- Parent Line ACT 6287 3833

For Parents and Carers, the long awaited [Carer Gateway](#) is now live; September 2019. It's a great resource with services such as:

- Support and services - 1800 422 737 (Monday to Friday, 8am to 6pm)
- Emergency respite - 1800 052 222 (Monday to Friday, 8am to 6pm)
- Emergency respite - 1800 059 059 (After hours)

A parent/carer session of Healthier Mind Platter has been booked for October 29, 9.15-11am at The Woden School so please save the date if you're interested in coming.

Finally, we welcome two new school based apprentices, Samir and Abbie, and farewell Brooke and Lexi, as they complete their apprenticeship with us. We're proud to have supported Brooke as a very deserving finalist 'School Based Apprentice of the Year'. Congratulations too, to our three LSAs who recently completed their teaching qualifications; Ben Z, Harriet and Jake B. We wish them all the very best with the next stage of their careers.

Kind regards,
Tabatha

Dates to Remember

Athletics Carnival	Thursday 19/09
Yr 9, 10, 11 & 12 School Camp	Wednesday to Friday 25-27/09
Last day of Term 3	Friday 27/09
First day of Term 4	Monday 14/10



2017 - 2021

Our Priorities

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

Congratulations Brock!



A proud moment (pictured) for Brock Hughes Woden school Yr 10 student - after completing the 7km NSW Cross Country Skiing championships in Perisher Valley on July 21st of this year. Despite tough competition he crossed the finish line in 5th place in the U/18 division. He is pictured donning a finisher's cap for "gutsy effort" in competition - which he entered after two weeks of hard on-snow training under the guidance of NSW Cross Country head coach Garrett Russell from Aspen Colorado and former Swiss national Team member and coach, Fabian Schaad. Brock is now preparing to compete in the Australian Junior National Championships at Falls Creek in early September. Best of luck Brock H!

WELL DONE!!

From the Workshop

Once again there are some great objects being made in the workshop. I particularly like a couple of things that I have inserted images of. One is David's necklace which involved some great saw work, Tahlia's necklace which had her fingerprint etched into the copper and Lachlan's tea light candle holders.

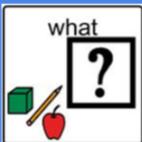


**Free
Sausage
sizzle
provided**

Thursday, 19 September



TWS Sports Carnival 2019



The Woden School Sports Carnival
Rotational activities in your PC classes

AFL Canberra, ACT Touch Football, ACT Athletics,
Novelty events and Fitness course.



The Woden School Sports Oval



19th September Week 9
11.30am-1.30pm Middle Session



GREEN food and drinks are the best choices. They should always be available, displayed in prominent areas, and actively promoted and encouraged. **GREEN** foods and drinks form the basis of a healthy diet. **GREEN** foods and drinks offer a wide range of nutrients and are generally low in saturated fat, sugar and salt.



AMBER foods and drinks should be selected carefully. They should not dominate the food and drink choices displayed or promoted. **AMBER** foods and drinks contribute some valuable nutrients, but contain moderate amounts saturated fat, sugar and/or salt and may be low in fibre. **AMBER** food and drinks may contribute to excess intake of energy (kilojoules/calories) if consumed in large quantities.

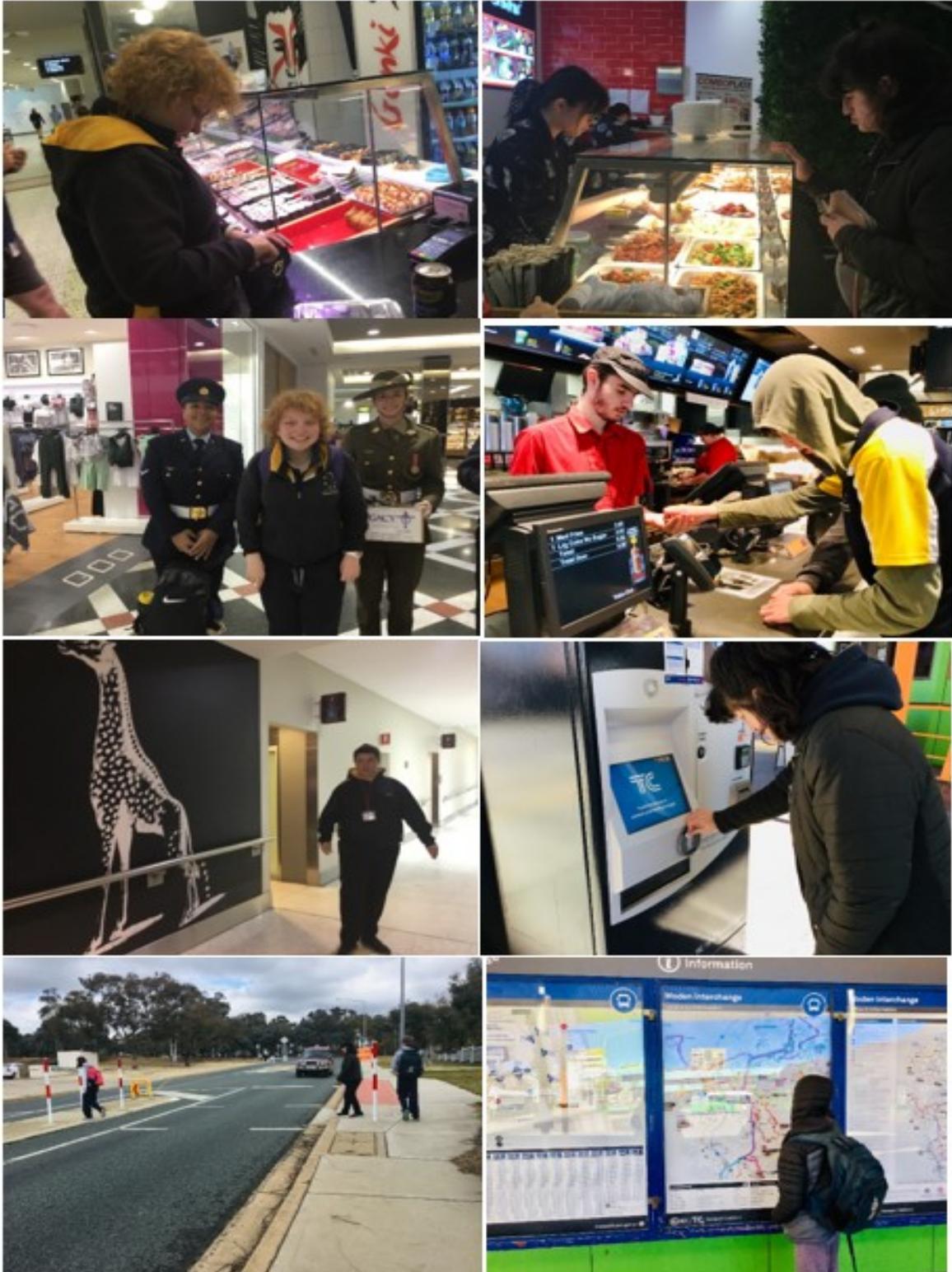


RED foods and drinks should not be provided or sold in schools. **RED** foods and drinks are low in nutritional value and fibre and may be high in saturated fat, added sugar and/or salt. **RED** foods and drinks may also provide excess energy (kilojoules/calories).



Work Experience News

Seniors "Using Transport" all about Respect, Independence, Safety & Education. Our students 'making good choices' and following Woden School's "Red food policy". Demonstrating knowledge of 'safe strangers, money skills, recognising everyday signs and independently going to the toilet, using vending machine to top the MyWay card, crossing road safely and checking the bus route.



Canberra Symphony Orchestra



On August 15th Woden School Students enjoyed attending a morning concert with the Canberra Symphony Orchestra String Section. Students enjoyed listening to the Doctor Who theme song and ABBA's Mamma Mia. The final Canberra Symphony Orchestra concert for the year will take place on November 11th.



Helping kids in ACT, aged 5-18, who would otherwise be unable to participate in junior sport to get out on the pitch or the court and enjoy being part of a team and community.

Sports available for the Summer Round are cricket, basketball, softball, baseball, touch football, volleyball and little athletics.

Applications for the Summer Round are made by trusted referrers, for a full list of trusted referrers [click here](#).

For more information visit the [website](#).

Join us for a FREE morning of musical fun with Play School's Teo and a special story time with Meryn Cooper launching her book 'A Pony Named Taffy'

A joy-filled and inclusive day for kids of all ages and abilities. Sing a song with Teo from Play School, have your face painted, listen to a story, do some crafts or play, it's going to be a lot of fun!

When:
Thursday 10 October, 10.30am – 12.30pm

Where:
Belconnen Community Centre
Swanson Court, Belconnen

Cost:
FREE

Picnic blanket, morning tea/lunch and water
RSVP at variety.org.au/variety-musical-picnic/
or 02 4965 4911

 **variety**
the children's charity

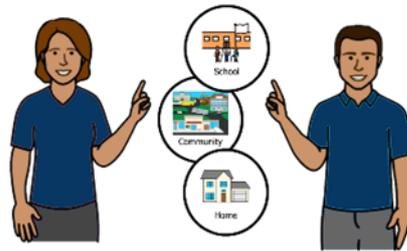
 @VarietyNSWACT variety.org.au

Positive behaviour for learning

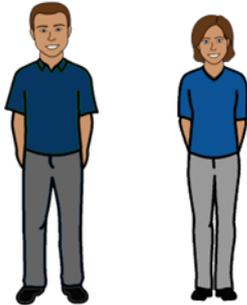
Respect



Independence and Responsibility



Safety



Education



The Purpose of the Woden School's Positive Behaviour for Learning is to build a positive environment where students feel safe and confident to establish respectful relationships, take measured risks and direct their own learning. The Woden School has adopted the RISE values of Respect, Independence and Responsibility, Safety and Education. Students have learnt about the RISE Values through Pastoral Care classes and the school wide awards system. Songs based on RISE lyrics are played throughout the day as the school's bell. All students are eager to strive to meet the RISE responsibilities displayed below.

All School Settings



Talk politely



Be Kind: To yourself, To others To property



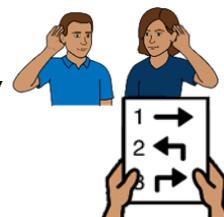
Right Place, Right Time



Hands, feet to yourself



Listen and Follow instructions



Students absence message



An important part of the new School Administration System (SAS) will be sending SMS messages to inform of student absences. You will receive an SMS message to let you know your child has been recorded as absent on the morning of their absence. We will endeavour to send this by 10am every day. This will reassure you of your child's arrival at school and make it easier for you to keep your child's attendance record up-to-date when they are absent.

You simply reply via SMS, with your child's name and the reason for your child's absence and we will update our records. If you do not reply, your child's absence will be recorded as "unexplained". For unexpected absences, responding to the SMS will streamline our processes. While we still appreciate receiving advanced notice of planned absences

SPRING

For youth with intellectual and physical disabilities

8th-11th October

October school holidays at Woden School

From 9.30am- 3.30pm

Monday 7th October family meet and greet



All aspects of the program are designed to give youth with disabilities an optimal experience. The daily schedule will include sensory friendly daily activities such as the reptile Zoo, Culture Break and Rhythm Village drumming.

There are limited places, applications close 20th September

Voluntary contribution for the 4day program is \$80 to cover costs

For more info please contact Andrea 0404256714 or email info@embracingministries.org



An invitation to young musicians

THE 34TH MILES FRANKLIN MUSIC FESTIVAL
21 and 22 September 2019

Closing Date for Entries
18th August 2019

Sections for Solo and Group:
Piano, Keyboard, Recorder,
Woodwind, Brass, Strings, Guitar to 14 years

For Information and entries go to

www.facebook.com/milesfranklinmusicfestival/
<https://www.eventbrite.com.au/e/the-34th-miles-franklin-music-festival-2019-tickets-65776995765>

Or email

mfmusicfestival@outlook.com

Woden School Canteen Menu Term 4 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

Drinks - lunch and recess

Water 350mL	\$1.50
Juices - apple, orange	\$2.00
Flavored 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 Toasted	\$4.50 .50c
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Salad Box

Lettuce, tomato, beetroot, red onion, feta and 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 - Curry – chicken or veg

Week 2 - Carbonara - meat or mushroom

Week 3 - Drumsticks or Falafel + mash

Week 4 - Burrito - mince or veg

Week 5 - Thai salad - chicken or veg

Week 6 - Pizza – supreme or veg

Week 7 - Quiche – ham or veg

Week 8 - Pie + salad - meat or veg

Week 9 - Fish or Falafel+ chips

Week 10 – CLOSED

