



This week:

Wednesday breakfast

Athletics Carnival

Thursday August 4

Friday August 5

School Photos

August 10

Education Week will be held from 1 to 5 August 2022 celebrating the theme: Creating futures – education changes

Hi everyone,

Athletics Carnival

Just a reminder that the notes for the athletics carnival were sent home last Friday. Could you please send these back by Friday of this week to allow organization of the carnival to go ahead.

I have attached the two-day events pages so that you can see the outline for them. I will not be attending the Friday at Dunoon as I have a previous engagement.

These days are always lots of fun, so crossing fingers the rain stays away!

Personal Development

It is mandatory to teach child protection education in every stage of learning from Kindergarten to Year 10 as part of the NSW Education Standards Authority (NESA) [Personal Development, Health and Physical Education \(PDHPE\) K–10 syllabus](#).

Child protection education aims to assist students to:

- develop skills in recognising and responding to unsafe situations
- seek assistance effectively
- establish and maintain respectful and equal relationships
- strengthen attitudes and values related to equality, respect and responsibility

This Term we will start off a unit on respectful relationships which will lead into Child Protection education. I have added the

sheet with information about the unit of work. Parents and carers need to sign the consent form before I teach any sensitive areas of the program.

Alternative learning will be provided to children who have been withdrawn from a particular session if parents/carers don't wish them to take part. A consent form is attached for you.

Art

This term we are looking at Objects for art. Investigating the art of objects will broaden students' knowledge on art making and lead students to develop their own skills and ideas on how to give objects meaning through art.

We began with Grace Cossington Smith's, 'Things on an iron tray on the floor'.

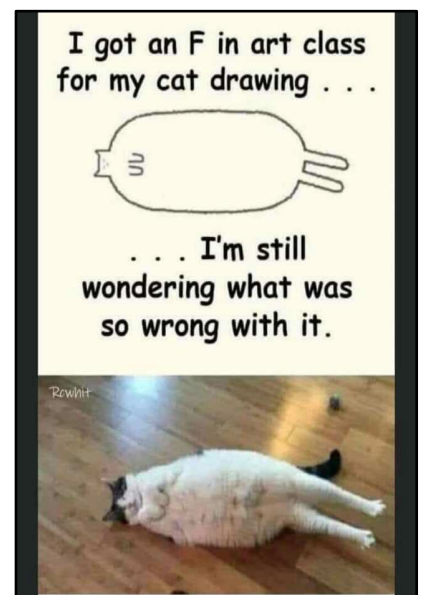
We also looked at the photos and videos from the Canberra trip, where students went to The National Art Gallery, exploring what the artists were 'saying' and how the art made us feel.

Students used lines and shapes to help recreate some of the object from the iron tray after exploring the era the tray and its objects were painted.

Of course, we don't grade our students artwork- but I did enjoy this meme!

Regards

Mrs Bath



Greetings all,

Problem Solving is another skill that we can take for granted, not realising that is a constant part of everyday life.

Problems range from making simple choices, to organising thoughts and strategies for resolving complex questions or dilemmas.

Problem Solving is something we encourage students to engage in to help them to become good learners and confident members of society.

Miss Jodie

Problem Solving

PROBLEM SOLVED



Identify a problem

Find a solution

Act and Evaluate



The Alphabet Workout

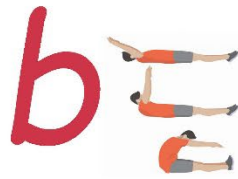


Open this workout on your device
<https://app.education.nsw.gov.au/sport/File/4580>

Click each image for exercise technique instruction



5 push ups



5 pilates roll ups



5 tricep dips



5 V sits



6 squats



7 mountain climbers



7 lunges



8 lateral jumps



10 jumping jacks



15 high knees



15 sec high plank



10 sec superman



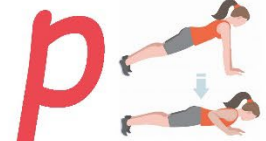
15 sec warrior pose



10 jumping jacks



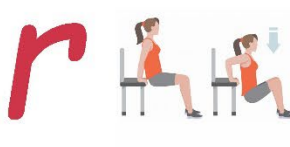
15 high knees



5 push ups



5 pilates roll ups



5 tricep dips



5 V sits



6 squats



7 mountain climbers



7 lunges



8 lateral jumps



10 jumping jacks



15 high knees



15 sec high plank



More resources can be found at [NSW Premiers Sporting Challenge - School Sport Unit](#).