

NEWSLETTER

Term 3
August 10th, 2016

Exceptional Educational Experiences

DATES TO REMEMBER

Somers Camp (selected 5-6's)	Tues 9th – Wed 17th Aug
Science Week	13th – 21st Aug
Cluster Olympics Day @ Moyhu	Fri 2nd Sept
'Musicaviva performance' @ Whitfield	Mon 12th Sept
End of Term 3	Fri 16th Sept

SKI CAMP

Determination

The first few minutes of snowboarding I was on my butt. But soon I was up and walking around and sliding of course quite confidently. Soon I could go down 'Mouse Trap' just falling over once or twice, but when I really concentrated I could go down fast and without falling which was a great accomplishment. On the second day, for the first time, I went down 'Drovers Dream'. I was scared at the start but I was **determined** that I was going to do it, every time I fell I got back up mostly with a smile. 'Drovers' rattled my nerves a bit but on the third day I was sure that I was going to get my confidence back. By the afternoon I could go down 'Mouse Trap' without falling and when I knew it was my last run I knew if I tried hard enough I could land a jump. I did it I felt so good about myself because I was scared but my **determination** paid off.

By Viveka



SKI CAMP

Persistence = Success

Snowboarding was difficult for everyone, but mostly the first timers like me so you need lots of **persistence**. 'Mouse Trap' was where we began. Right at the start persistence was

handy. I had falls and fails, bruises and bumps but I just had to keep **persisting**. But that was the first day now it's all done. The second day was easier reaching my goal. Now I am closer to success. 'Drovers Dream' was a way to start after developing my skills. I went down it many times but every new time I still needed persistence. With that the second day was done so the last day was on. Success was so near after doing a blue run. Going down 'Wombat's Ramble' was our last bit of fun. After we returned our gear and got on the bus I realised with enough **persistence** you will get success. By Xander



SKI CAMP

Resilient

Ski camp was successful for me. It was loads of fun, and full of happy faces☺. It was a bit challenging at the start because I haven't skied in a while but I got used to it again. I never fell over going down a hill but I fell when I was on the flat! My muscles were sore but soon enough when I got back on the skis I was fine again. I was a bit worried when I got on the chair lift because I haven't been on a chairlift in a while, but I faced my fear and ended up loving the lifts. I was very proud of myself when I lead my group down a few runs, there was a bit of a whiteout so we couldn't really see. After three days of camp I realised my **resilience** was much better than I thought. By Summer



All school newsletters are available on the
NEW LOOK school website;
www.whitfieldps.vic.edu.au

SKI CAMP

Challenge

When I got my snowboard and everyone was ready, I got on a lift with Sammy. I carried my board all the way. It was a really good challenge to keep warm and stay up on the board. Our first lesson was on flats, I was getting taught how to do hockey stops and turns they were really challenging for me. With Sammy I went down 'Mouse Trap'. Down Mouse Trap I did turning and stopping. The next day I had a different instructor, he took us down 'Drovers Dream' that was the most **challenging** slope for me. I fell over heaps of times. I did some more stopping again and I got it, but I mainly focused on turning it was really challenging. When I got down to the bottom of 'Drovers Dream' we went on the lift and did stuff with Sammy and Amanda then went back to the lodge. On the last day I packed my stuff and got ready. Out on the slopes I had a different instructor again, we were on Mouse Trap and my stopping was much better. I did the 'falling leaf' that was challenging but fun and got my heel turning (but not my toe turning, but I nearly got it.) At the end of the day I was with Amanda, she set us a **challenge** on our last run, if I didn't fall over I could get a hot chocolate which I did!
By Bella



SKI CAMP

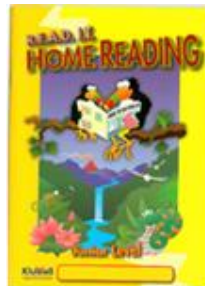
Persistent

The first time I got my skis and went down 'Wombats Ramble' I fell like every 10-15 seconds, but had to stick at it and keep using my **persistence**. Every time I went down the track I got better and better until the second day I went down twice without falling over at all! It was amazing. On the last day I did not fall over at all. My **persistence** really did help me learn to ski better and learn from it.
By Amilie



Literacy corner

HOME READING



Some great articles from students in this newsletter – great learning experiences provide good material for students to practice the craft of writing. Foundation – 2 have published some work (as promised last edition) and you probably have gathered by now the Falls Creek ski camp students wrote about a strength that shone through for them on camp. There are also some great poems and recounts of the Snow Day at Mt Buffalo.

Congratulations 50 nights home reading!

Declan

Congratulations 75 nights home reading!

Corrie, Judd

Congratulations 100 nights home reading!

Amilie

Congratulations 125 nights home reading!

Mike, Casey

Congratulations 150 nights home reading!

Normie, Claire, Bella

Congratulations 175 nights home reading!

Inanay, Wirra, Kalika

POEM –By Claire

Slipping and sliding
Snowball fighting
Going fast, falling over
Making snowmen's
Having the time of your life



POEM – By Judd

Jumping and sliding
snow ball
Fighting.
Going down pretty
fast.
Making jumps,
jumping high.
Having fun falling
down in to the snow,
making giant snow
balls.



SKI CAMP

Dogged

I was so determined to get on the snowboard for the second time. Now one can stop me from getting on a snowboard and going down big runs! When I got to Falls Creek I was so excited to get my snowboard and boots fitted to me.

Once the boots and board were fitted to me, I waited for a bit, then I went down to the lift and got given a card that lets me go up the main chairlift. And I got a card that had all the adults phone numbers on it, so if I got lost I could ask someone to ring this number.

When I was going up the chairlift it felt like now no one could stop me from snowboarding.

When my lesson started I had to stay and I learnt how to turn better. After the lesson I was **dogged** to get on another run and I did.

The next day I was so excited to go on a bigger run and I did it was called 'Drovers Dream' and at the end of the day I went down 'Wombats Ramble'. By Lachlan



SKI CAMP

Persistence

On the first day I could not stand up on my skis but I did not give up. I kept trying and then I got the hang of it, after a while it got really fun. After I learnt to stop and slow down, I started to go down an easy run called Mouse Trap. I fell over about five times but I did not give up. I had another go at Mouse Trap and I had to go pretty slow, but I barely fell over. After our whole group could ski well, we went down a green run which is a good run for learners. This track I fell over a lot of the time. By the end of the trip I did not fall over once! I was getting pretty good, I went down a blue run at the end and I could because of my **persistence**.

At the end we went down the 'Terrain park'. It was fun. I fell over on my first run but I did not give up. Now I can do a blue run without falling. I want to go another day and keep getting better. On the ski lifts I went without skis for my first time and then I was allowed to go on with my skis on. I kept at it with PERSISTANCE By Darcy.



ACROSTIC POEM –By Mikaylee

Silly kids
Nice and warm hot chocolate
Out of the cold, inside
Warm when heading home

Diving into the snow with my face
A day of laughter
Yelling on the toboggan saying AHH!!!
While going down the hill.

SNOW POEM – By Charlotte P

On Friday the 29th the weather was low,
but that was a perfect day to go to the snow.
We drove up Mount Buffalo through all the trees,
then the snow started catching our knees.
It was like the snow felt like fluff,
but when we touched it, it was actually rough.
We made snowmen with carrots as their nose,
and we tried to make them in a funny pose.
After a while we had some food,
then for the snow we got in the mood.
Some of us did cross country skiing,
but then I crashed into another human being.
A few times I had a bad tumble,
but then I heard a very loud rumble.
It was thunder in the sky,
but then the sky became more dry.
It was a fun day in the snow,
but in the end the weather was still low.



Foundation – Grade 2 'Snow recounts'

We went to Dingo Dell I played with Normandy, we ate snow. I went tobogganing. By Casey.



I liked it when I went down the slope with Mum in the toboggan. By Vera.

Foundation – Grade 2 'Snow recounts'

I went to the snow and Mum took me to the snow. I liked it when we saw the dingo when it sat in the middle of the road. I liked it when I went skiing with Mum. By Inanay.



I went to Dingo Dell at Mt Buffalo. I went cross country skiing with Kate. By Melita.

I went to Snow day with Zoi, Emilio, Melita, Corrie, Mikaylee, Ollie, Reuben, Sandy, Claire and Mum. I hired snow boots. When we got to see snow we kept saying "Snow! Snow! Snow!" When we got to Mt Buffalo I got dressed. I went out to the snow. I went tobogganing and skiing. After skiing I had lunch and we went skiing again. After skiing I took off my snow clothes and we got into the car and we saw a dingo. By Emily.



I went to the snow at Mt Buffalo. I saw a dingo. I like tobogganing. By Toria.

I went to the snow. I liked tobogganing with Dad. By Mike.

Last Friday the school went to Mt Buffalo. We went to Dingo Dell and there was a lot of snow. The first thing I did was make a snow ball and threw it at some one. I went tobogganing on the slope. When we went back home I saw a dingo. By Ollie.



SKI CAMP

Challenge

The Terrain Park was very **challenging** for me when I fell over. My skis came off, but I didn't hurt myself. When I got back to the lodge for lunch I was so tired I almost fell asleep. Ski camp was **challenging** and fun. I loved it so much I didn't want to leave on Friday, but I had to. I learnt to a hockey stop and got to throw snow balls at Harrison. I went down Wombats Ramble, Drover's Dream and the Mouse Trap. By Daphne.



SKI CAMP

Brave

On the first day of ski camp I was excited and couldn't wait to get started, but when I did it was harder than I thought. Some of it hurt but when I practiced again and again and again, it didn't hurt as much. After my first lesson I thought that I couldn't ski but when I skied down my first hill I was better than I thought I was. I still fell over but only at the end doing my snow plow and before that I had to learn how to turn. We started on 'Mouse Trap' (a little track). And I did it again and again until I got to the point where I didn't fall once. After that I tried 'Wombats Ramble' (the longest green beginners track in Australia). I still I fell over, but I did it again. By the last day I didn't fall any more. Later that day I tried 'Main Street' (a blue run) and I was **brave** to do it for my first time and didn't fall once! And I did again, and I did it one more time and I didn't fall on that try either. Then on the Terrain Park and did a jump and just landed it. By Cope



SKI CAMP

Learning

At first I thought **learning** how to snowboard was going to take forever, but it didn't take forever it took 3 days. I went down 'Mouse Trap' and fell over on the first day but on the last day I didn't fall over, falling over really hurts. It was really hard snowboarding. I **learnt** going down Mouse Trap with two feet, going down Mouse Trap with one foot in is really tricky. Snowboarding is really hard to **learn** but pretty soon I learnt how to snowboard!!!
By Cheniqua



SOCIAL EMOTIONAL LEARNING

WEEK 1

We traced around a person and wrote positive and negative emotions inside the shape, and the things that trigger this in the classroom and the playground. We also did a little meditation and when the bell stopped we could feel in our bodies how relaxed and calm we were. By Paul

We had a self-assessment to see if this class helps with feelings, future problems and self-control (we will do another self-assessment at the end to see what has changed). We focused on the scale of feelings; i.e. sad, miserable, devastated. We worked on rollercoasters, that is , how your day went. We also did some meditations focusing on the now and journal time at the end. By Xander

WEEK 2

We learned about goals and thought about things we could do in the classroom and the playground that would create positive emotions. We then set a related goal for us to work on throughout the week. We put this goal on a little card that we will keep on our desk to remind us to work on them each day. By Charlotte R.

We talked about our emotional rollercoaster for one day recently. Also the 'triggers' that lead to our emotions. We talked about how we can turn around our negative emotions using things like thinking of something else you

could do at the time or thinking differently about the triggers. By Summer.

WEEK 3

Today we did special teamwork activities. We blew up balloons and tried to keep them in the air while holding our partners hands. We also stood in a circle and sat on each other's knees. We learnt about the strengths we need to work well in a group, for example; communication, co-operation, analyse and evaluate. By Cope and Edan



Today the 5/6's focussed on 'Personal Character Strengths'. We did little role plays of some strengths with our partner. We got to perform them on the new outdoor stage and try and guess what each strength was. We wrote three personal strengths of our own in our journals. Written as a group by the 5/6's.

Please return the Parent Pre-Program evaluation to school – ASAP. Thanks 😊

HOT LUNCHES

Thank you to Rosie for the yummy vegetable soup and to Nicki for the Apple Pie. Thanks also to Wayne & Sarah for the Spaghetti Bolognese and to Melissa M for the Cake and custard. We all love Hot Lunches.



Remember, you can bring a receipt and claim back expenses for providing the hot lunch. Just bring the receipt to Mark or Pam in the office.

EVERY DAY COUNTS – school attendance

Remember, every day counts. If your child must miss school, speak with your classroom teacher as early as possible.

Remember...

*Phone the school **5729 8286**,

*Phone or text the principal **0428 298 286**,

*email whitfield.ps@edumail.vic.gov.au

*or supply **a note** before or after the absence

'THUMBS UP' AWARD

The Principal's 'Thumbs Up' Award recipients are students that have been seen doing great things at our school. The latest recipients are:

Declan: For being very helpful to the Foundation students on the computers.

Darcy: For his great effort and improvement with skiing on ski camp.

Kalika: For her perseverance throughout ski camp.



White out, windy and cold conditions



Kalika's Frozen hair!!!

Well done to all students on the ski camp. All the students did an amazing job in very trying conditions and were out the whole time trying, persevering, learning and being brave.

SKI CAMP

Perseverance

I persevered because I was not as fast as my group. So there was always space in between us. So after day one I made it my goal to be able to keep up with my group. In my lesson on the last day the space in between me and my group got less and less. After the lessons on the slopes I could finally keep up with my group, I was so happy ☺. I am glad I went to ski camp.
By Kalika

BIKE RIDE Foundation – Grade 2 articles

We went bike riding, the favourite part was when my tyre popped and then we got a new tyre. By Casey

We went bike riding. I saw a fairy tree. By Toria

Bike Riding. I liked the Fairy tree. The worst bit was when Normie hit her head on the slide. I got better at riding over the bridges. By Emily

I liked the fairy tree and I liked throwing rocks in the water. I got better at turning. By Melita

We went on the bridges. By Mike



Yesterday I went for a bike ride with the school. The hardest part was going up the hills and bridges. The best bit was going down the hills and bridges. The worst part was doing double file because my partner kept pushing me to the edge. By Ollie

Our Bike Course. A man came and put some stuff out for a week. Then we set up our own course. The hardest part was doing the U-turns. By Isabelle.

We went bike riding the best thing was seeing the Fairy tree with Tinkerbelle and the other fairies were also hanging on a piece of string. I got better at putting my front brakes on. By Inanay

Bike riding. I liked it when we went down the hill. By Vera

Yesterday we rode out bikes around Wang. My favourite part was when I went in front at the bridge, that is a bit selfish, ha! By Emilio

SOCIAL ENTERPRISE

Due to popular demand – **Whitty Workers Car Wash & Café** has now introduced a **Car Wash Booking system**. To avoid disappointment please book using the online booking system which is located on our school website.

www.whitfieldps.vic.edu.au

There is a car wash booking page, look at the navigation bar on top of the home page. So far we have 3 bookings (5 spaces left – after 9:45am). Alternatively you can call the school and make a booking. Remember – while you wait you can enjoy a hot drink and some food from our Café. Thanks for your support!

