



From the
Principal's desk!



Welcome to 2021. This term we have welcomed thirteen kindergarten students and a number of new students across Years 1 - 9.

We also welcomed several new teachers to our school: Miss Bright to Year 1, Mrs McDonald to Year 6, Mrs Worth to Intensive Learning, Miss Landers to secondary mathematics, Ms Munzenrieder to secondary English and Mrs Harris to secondary intensive learning. Later this term we will have Miss Wood join us as the new Year 4 teacher.

We have had a strong start to the term with our swimming carnival and a number of excursions, with many more planned in the coming weeks. K-7 students have been busy settling into their new classes and routines whilst secondary students have quickly completed 10 weeks of learning.

This year we look forward to welcoming you into school for many events, activities and opportunities to be part of your child's learning. Please let us know how we can support you and your child's learning throughout 2021.

Amanda Cooper, Principal

Flower Arranging



Students in K-6 were treated, on Tuesday, with the annual visit from our friend Phyllis Hoy.

Phyllis visits the school each year to give a demonstration to the students on various craft activities that the kids can do to participate in the Walcha Show. This year Phyllis showed K-2 how to make bookmarks, 3-4 were shown the art of making posies, while 5-6 were shown the intricacies involved in designing a floral arrangement from a shoe.

We very much appreciate the time and effort that Phyllis puts into helping our kids to participate in the show. Great job! Thanks, Phyllis.

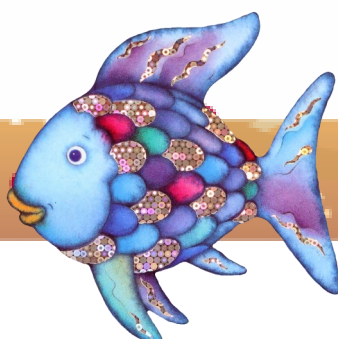
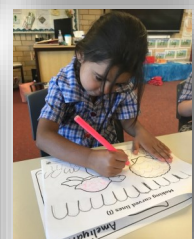
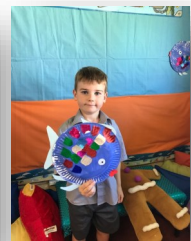
Adam Hall, Class Teacher





Welcome to Kindergarten

K/1 S are busy settling into school. Students are establishing new friendships, new routines and new learning experiences. Our Under The Sea classroom theme is the setting for our learning how to be a good friend through the story of Rainbow Fish.





K-12 Swimming Carnival



On Thursday February 4, Walcha Central Students participated in their annual swimming carnival. It's always great if we can start the report by saying the weather was beautiful!

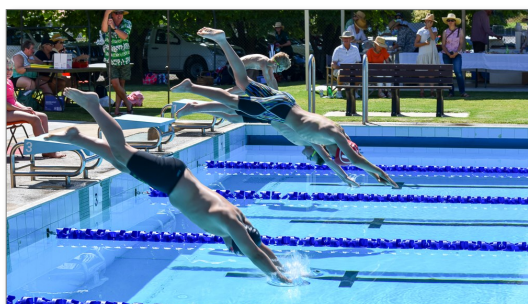
Students came dressed in their new house colours to represent for the first time. It was fantastic to see so many enthusiastic, supportive kids. The revamped system was evident in the relay section where we had an hour of competitive relay races.



The carnival began at 8:30am for those extra keen swimmers who wanted to compete in the 100 metre freestyle event. Following this were non-stop events including 50 metre freestyle, butterfly, backstroke and



breaststroke. Students from 8 to 10 years old, who were not confident of swimming a full lap, were also given the opportunity to swim 25 metre freestyle, breaststroke and backstroke events. Years K-1 students came down to participate in the fun with many activities in the small pool.



Students swam, bombed, belly flopped, encouraged others, supported their houses and displayed the type of school spirit that can only be found in central schools. It was an outstanding K-12 event, with excellent enthusiasm and participation rates throughout the day.



A big thank you must go to Mrs Ussher, Mrs Brown and Mr Ussher for their work behind the scenes before the carnival. Thank you to the P&C for their ongoing support and the BBQ. A huge thank you also to all staff and parent volunteers on timekeeping, supervision, recording and marshalling, as well as the senior students who assisted in making sure our younger students completed their races.

We have been running a K-12 carnival for quite a few years now. Now that we know the program runs smoothly we would like to encourage all teachers and parents who like a swim to bring their swimmers. There is definitely time in the schedule for a Yr12/Teacher/Parent relay. Look out!

Bonnie Brown

WCS Swimming Carnival Record Breakers 2021

Blaine Cooney:	9yrs boys Freestyle 50m	38.47
	Junior boys 50m Butterfly	57.69
Cody Wellings:	11yrs boys Freestyle 50m	37.72
Alexander Gunn:	11yrs boys Breaststroke	57.43
Cody Wellings :	11yrs boys Backstroke	49.44
Cameron Mooney :	11yrs boys 50m Butterfly	53.00
Brock James:	12yrs boys 50m Breaststroke	57.87
	12yrs boys 50m Backstroke	57.94
Shaun McKenna:	14yrs boys 50m Backstroke	49.25
	14yrs boys 50m Butterfly	45:87
Isabella Mooney :	14yrs girls 50m Butterfly	41:62
Louis Darcy:	16yrs boys 50m Backstroke	42:07
Thomas Micallef:	17+yrs boys 50m Freestyle	30:03
	17+yrs boys 50m Backstroke	35:53



SURFING EXCURSION

As part of our *Outdoor Recreation* unit, students in the Sport, Lifestyle and Recreation class travelled to Port Macquarie for a 2-hour surfing lesson. Excitement levels were very high especially when there had been a risk of cancelling due to the forecast of huge swells and tides. We were interpreting the weather and synoptic charts ourselves in class but left the final decision up to the experts. After much deliberation our instructors made the decision that it was safe enough and in we went. One student in the class declared early on that he "wasn't going out there" but I had to laugh when he did in fact go out into the scary ocean and was the first to stand on his surfboard. Opportunities like this are fantastic for our students to learn about some beach safety and to learn new skills. Every student stood up on their board, with some students riding waves in for the entire 2 hours. Which is the equivalent of walking 6km against resistance and doing about 100 burpees, although they weren't tired enough to sleep on the way home. Overall it was a great day out! Thanks to Mr Ussher for his support and for being a great tour guide.

Mrs Brown



VALENTINE'S DAY

On Friday 12 February, the Year 12 students decided to sell cupcakes and heart-shaped lollipops for Valentine's Day. This was part of their fundraising activities for their gift to the school at the end of the year. Much planning and sweet talking of willing bakers went on for weeks so they could produce enough of the heavenly delights to satisfy the sweet tooth of their fellow students, staff and teachers. We all know no one can resist a mouth-watering morsel, especially when it's from a secret admirer or perhaps a partner making up for misdeeds.



Vast orders for cakes were placed which began to worry me; would we have enough to fill all the orders as well as sell on the day. If that wasn't enough of a distraction, we had one of the greatest ROOSTERS legends of all time, Brad "Freddy" Fittler turn up on Friday morning on his "Hogs for Homeless" tour.

Never fear—mums, Cath Mackaway, my wife Jo, Sam Bagley, John Stanton and the Year 12 students stepped up to make the day a huge success. Year 12 then went off around the school delivering orders and selling their scrumptious delights to any willing customers they could entice.

We would like to thank all the parents for letting their children buy a cupcake or lollipop, the students, staff and teachers who purchased them on the day and everyone who helped bake or decorate the cakes for us. Special thanks go to the office ladies who printed off letters and order forms and then collected the money and forms for us. It is very much appreciated. If I have missed out thanking anyone I apologise.

Lastly, as the Year 12 Advisor, I would like to congratulate my students on working so well as a team and getting in and lending a hand where needed. We are only a small group but hopefully we contributed to a wonderful Valentine's Day for all involved.

Tony Bozza





HOGS FOR THE HOMELESS

On Friday 12 February 2021 we were lucky to have the Hogs for the Homeless tour stop at Walcha Central as part of their annual fundraising tour to benefit Father Chris Riley's Youth Off The Streets. Brad Fittler, Gus Worland and the team were delivering a very important message for our secondary students.

Freddy spoke about getting some of the simple things in life right. He advised that students should practice their breathing and that being able to breathe and take in oxygen in times of stress can solve a lot of problems. He also suggested starting the day with a drink of water, which should be the drink of choice right throughout the day. The third essential is getting enough sleep which may be connected to the fourth message of less time on our phones. He said "Don't be suckers." There are many companies out there that want us on our phones consuming as much as possible. He suggested that students take control back and choose what information they consume. He said that less time with phones, especially choosing not to take them to bed, may also result in better sleep and improve their ability to solve problems. This is exactly what he works on with the NSW State of Origin Team as well.

Gus set up a foundation - Gotcha 4 life, which suggests that making small lifestyle changes may be easy in comparison to proactively building mental fitness and resilience. He encouraged students to think of the people they have in their lives that they can have deep, serious conversations with, not just 'banter'. To have the hard chats and hug it out.

We had a short Q&A, the Hogs handed out a football to every student! There were many students (and adults) then lining up for autographs. We really appreciate them calling in to chat and support our community.





What a bumper crop!! Upon returning to school, Garden Club have been busy picking zucchinis, tomatoes, beans and mint. The Garden Club members are always excited to see what is now ripe and ready to pick. They are always eager to share their produce with teachers and other students at school. Everyone is enjoying the juicy tomatoes and the crisp, crunchy beans.

For our next project, the Garden Club will be making newspapers pots.

We would appreciate the donation of any old newspapers.

Please leave them at the office.



Year 5 & 6 Taster Days - Term 1 2021

Each year, Year 5 & 6 students from the Walcha district have been participating in high school Taster Days. These Taster Days allow students to experience the types of lessons they will have when they go to high school and are designed to make their transition to high school as smooth as possible.

This year at Walcha Central School we will commence this program with a Taster Day on Thursday 11 March 2021.

In order for your child to gain the benefits from this day, please ensure that they are dressed in full sports uniform and bring:

- Water bottle
- Recess and lunch or an order for the canteen
- Pencil case

If there are any queries regarding these days, please contact Ben Ussher on 6777 2777.



Help us
build a
**strong school
community**

Why not start here...

Become a member of the Walcha Central School P&C for just \$1.

Your dollar is your voice, and a super way to connect with others in supporting our school.

A letter with the opportunity to become a member will be sent home with your child next week

About us....

To find out more about our P&C, visit the P&C section of the School's website:
walcha-c.schools.nsw.gov.au

Or, contact a school P&C representative:
Margaret McKenna (President)

WalchaCentralSchool@pandcaffiliate.org.au

**RESPECT
ENGAGEMENT
ACHIEVEMENT
LEADERSHIP**

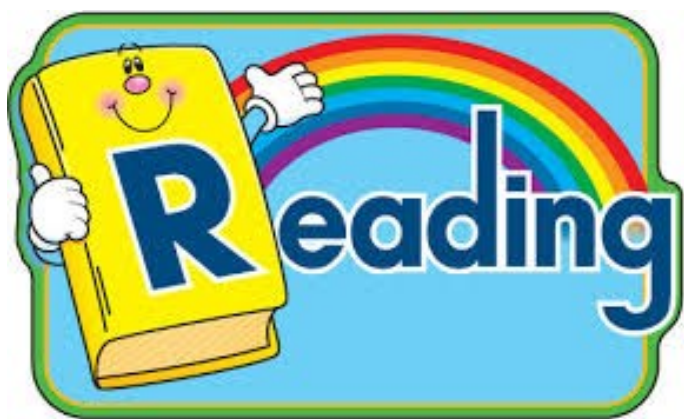
Congratulations

**TO OUR NEW STUDENT
PARLIAMENTARIANS
FOR 2021**

- Yr 3:** Veja-Lee Petuha and Frankie Nivison
Yr 4: Nate Bloomfield and Hannah Swain
Yr 5: Matisse Pascoe and James McLaren
Yr 6: Anna Benson, Sienna Cooney, Olivia McKenna, Sarah Slater and Cody Wellings
Yr 7: Ella Lynch and Kayleigh Hobbs
Yr 8: Shaun McKenna and Isabella Mooney
Yr 9: Luke Heazlett and Skylar Robinson
Yr 10: Louis Darcy and Austin Heazlett
Yr 11: Timika Thornbury and Katalia Murphy
Yr 12: Thomas Micallef, Sophie Worth, Abbey Mackaway

Indigenous representatives are:

- K-6:** Olivia McKenna
7-12: Chloe Cox



At Walcha Central we are lucky to have many parents and carers willing to help the school and the P&C to provide extra opportunities for our children. One of these opportunities is the Individual Reading Program.

Organised by the P&C, the Individual Reading Program helps all students to continue to develop their reading skills by having one-on-one sessions with volunteer parents and carers.



The program is based on research over 30 years in Australian and New Zealand schools so the kids who need 'extra' help with reading will receive it and not slip through the cracks, and those that

are reading competently will be recognised including the need for extension where appropriate.

This is how the program works: instead of reading in groups, an individual child will read to a volunteer for approximately 5 minutes and hopefully each child will be heard in a session. We ask that volunteers come in for approximately 50 minutes (one day per week) or whenever they have a bit of extra time.

With many volunteers, this means children can potentially have one of these one-on-one reading sessions every day they are at school. Younger siblings who are not yet at school are welcome in the classroom; and if you can't make it one week – no need to change your roster – just let the classroom teacher know if possible.

If you would like more information or if you would like to volunteer, please contact Olivia Nivison either by phone (0418 446 615) or email (onivison@gmail.com).



mSP
photography
P 02 6772 3519
E newengland@mSP.com.au
PO Box 1231 Armidale
NSW 2350
www.mSP.com.au

SAY CHEESE

School Photo Day is:

Tuesday 9th March 2021

HAVE YOUR CHILD'S SCHOOL MEMORIES CAPTURED FOREVER!

Please take the time to read the relevant information on the MSP Photography payment envelopes and remember these helpful points:

- ☑ Don't seal envelopes inside each other. You can pay for all children in one envelope; however, each child needs to have their own envelope on photo day.
- ☑ Family envelopes are available at the school office upon request.
- ☑ Family photos will be packed inside the eldest child's individual photo pack.
- ☑ Please enclose the correct money as no change can be given.

Good for Kids good for life

CHOOSE WATER AS A DRINK



We know that water is the best drink to quench thirst and stay hydrated. But sometimes it can be difficult to persuade children to choose water over sugary drinks.

How much water should our kids drink everyday?

1-5 years: 1.25L or 5 glasses



6-12 years: 1.5L or 6 glasses



+ extra water if they have been active and on hot days

Here are some tips to encourage water intake:

- Pack a refillable water bottle for school and when you go out.
- Encourage your child to drink water before, after and during physical activity.
- Be a role model. Make a point of drinking water with your kids.
- Try adding slices of fruits such as lime or lemon to water for extra flavour. You could even try mint or cucumber.
- Try keeping a jug of water in the fridge or adding ice cubes.

NSW
Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Keeping your child at home until they have recovered or received appropriate treatment for an infectious illness is the best way to help them get better faster.
It's also the best way to prevent the spread of illness and infection to others.

I NEED TO STAY HOME FROM SCHOOL IF....

					
I have a temperature of 38.5°C or higher	I have been vomiting due to illness within the past 24 hours	I have had diarrhoea due to illness within the past 24 hours	I have live head lice present.	I have sudden onset of fever, runny nose, sore throat, cough, and/or muscles aches and headaches	My eye feels scratchy, is red and/or has a discharge from the eye, unless a doctor has diagnosed a non-infectious cause
I AM READY TO COME BACK WHEN....					
temperature returns to normal	vomiting has stopped for at least 24 hours	diarrhoea has stopped (wait 24 hours for young children)	treated with appropriate head lice treatment and no live lice are present	influenza symptoms have disappeared and child is feeling well	the symptoms have disappeared and there is no discharge from the eye

WHEN YOUR CHILD IS NOT COMING TO SCHOOL:

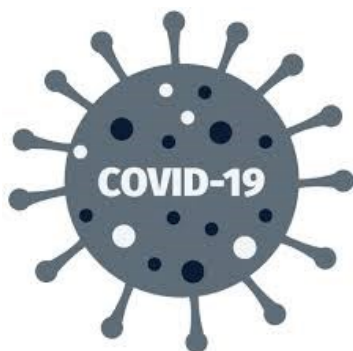
Please contact the school by either:

Phone - 6777 2777

Or

Email

walcha-c.school@det.nsw.edu.au



If your child has cold and flu symptoms, please keep them home from school.
We require a negative COVID-19 test result before students return to school.

HEAD LICE



myth busters:

Head lice do not fly, jump, hop or swim – they spread from head to head contact

They love all hair colour and all hair types

They live on human heads – not on animals, carpets or furniture

A single treatment for head lice will not kill all nits (eggs)

They do not prefer a particular blood group

They do not carry disease

Head lice are not only embarrassing they are also highly contagious.

What signs to look for:

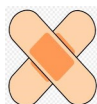
- * Frequent head scratching
- * A fine black powder on the pillow (this is lice faeces)
- * Paler coloured material on pillows (this is cast off lice skin)
- * The lice themselves (about the size of a sesame seed)
- * Tiny white specks stuck near the hair shaft at the nape of the neck,



Important

Remember to Update Student Details

Thank you to those families who have already returned the checked/updated student and family details forms which were mailed home earlier this term.



It is important that you let us know if your child's health care needs change or new medical conditions develop.

Also please notify us if there are changes to your contact details or those of your nominated emergency contacts.

Information should be provided in writing to the front office

CONTACT DETAILS

To ensure efficient communication and the ability to contact you promptly in an emergency we ask that the checked/updated information from the remaining families be returned to the front office as soon as possible.

BIRTH CERTIFICATE

Did you know that a birth certificate is a very important document?

If you don't have one, many events throughout life can become times of distress.

If you are having difficulties obtaining a birth certificate, Sophie Thomson may be able to assist you, *free of charge*, thanks to the Minimbah Project which aims to provide birth certificates for all Australians.

Sophie can be contacted on
0427 780 392

Term Dates 2021

Term One

Last day for students Thursday 1 April

Term Two

Students return to school on Tuesday 20 April

Last day for students Friday 25 June

Term Three

Students return to school on Tuesday 13 July

Last day for students Friday 17 September

Term Four

Students return to school on Tuesday 5 October

Last day for students Thursday 16 December



CALENDAR

See website for more details
<https://walcha-schools.nsw.gov.au>

1/3/2021	North West Primary Swimming at Armidale
2/3/2021	North West Secondary Swimming at Armidale
3/3/2021	Yr 11/12 Photography - excursion to Coffs Harbour
5/3/2021	Yr 11/12 SLR - fishing excursion to Mount Yarrowyk Reserve
5/3/2021	International Women's Day breakfast at Armidale - Yr 12 Captains to attend
9/3/2021	School Photo day
10/3/2021	Armidale Zone PSSA Trials - Hockey
12/3/2021	Walcha Show
12/3/2021	Armidale Zone PSSA Trials - Cricket
15/3/2021 - 19/3/2021	Year 10 Work Experience
24/3/2021	K-12 Cross Country at WCS



WCS P&C are seeking donations of baked goods, jams, eggs, plants etc for their street stall.

If you are able to help with the stall on the day please email Kimberley Lisle:

klisle01@yahoo.com.au



Walcha Central
P&C
Street Stall

Friday 5 March