

Newsletter 6
Term 2, Week 2
5/5/23

Cape Clear Primary School

PRINCIPAL'S MESSAGE

Hi All,

I hope you're all managing to stay warm as this weather starts to take a turn. This week it was great to see Mrs Glynn, Jeff and the senior students tidying up the vegetable garden and planting out some new seedlings. Mrs Glynn also brought in some strawberry runners so hopefully not long until we see and taste the results.

Next week we celebrate Jensen's 7th birthday. [HAPPY BIRTHDAY](#) Jensen!

It has been great to see our building works finally begin with the first stage being the decking out the front of the BER building. Once this is finished they will begin work inside the BER building. We will keep you posted.



Information regarding our Camp in Week 6 went home this week. I encourage you to read over the information and give me a call if you have any questions. Thanks to those who have already returned their forms.

In the coming weeks students in Grade 4, 5, and 6 are invited to participate in the 2023 Attitudes to School Survey (AtoSS). This survey is invaluable in helping schools understand student views to plan programs and activities to improve your child's schooling experience. The survey responses also help the Department of Education understand how student's learning experiences can be improved. We encourage all students to participate.

Please keep an eye on the dates on our newsletter. If you have any questions regarding upcoming events, please contact your child's classroom teacher.

Warm regards,

Lynly Doherty

Respect
Confidence
Commitment
Responsibility

DATES TO REMEMBER

MAY

Monday 8th
-Assembly 2:45pm

Monday 29th
- Ballarat Art Gallery Excursion
(Whole School F-6)

Wednesday 31st
-Depart for Camp

JUNE

Friday 2nd
-Campers Return

Thursday 8th
-Winter Sports (Grade 4,5,6)

Monday 12th
-Kings Birthday (Public Holiday)

Tuesday 13th
Curriculum Day
(Student Free Day)

Thursday 15th
-Winter Sports (Grade 4,5,6)

2023 TERM DATES

TERM 1: 30 January – 6 April
TERM 2: 24 April – 23 June
TERM 3: 10 July – 15 September
TERM 4: 2 October – 20 December

F-6 Art

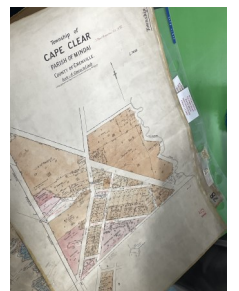
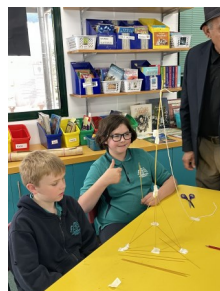
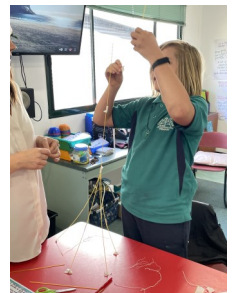
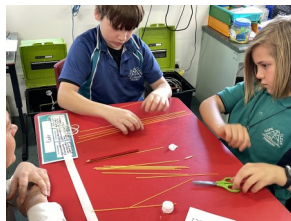
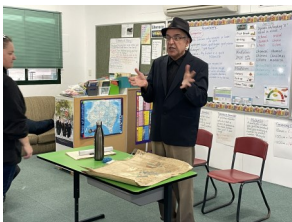
Over the past couple of weeks, in Art, we have been working on creating ANZAC Day landscapes. To create our artworks we followed a series of steps which included sketching and tracing as well as using charcoal in our art for the first time. We spent some time practising how to use charcoal in art and how we can create different lines, shading and shadows from just one medium. The students all did an amazing job with their artworks and had lots of fun



Learning Updates

4-6 Classroom

It's been an exciting and busy start to the term in the Senior class! This week, the students participated in their first DASH (Dynamic activities, Active voices, Safe communities, Healthy engagement) session, provided by the Blue Light Victoria charity organisation. DASH facilitates meaningful and protective partnerships with Victoria Police, emergency services and other community organisations to achieve a sense of belonging and connection to the local community. The program runs for 8 weeks culminating in an exciting student-led project generating practical solutions. Led by Carol from Blue Light, this week we also enjoyed getting to know several community visitors - Mel from Ambulance Victoria, Annica from the Golden Plains Shire and Aladdin from DEECA (Department of Energy, Environment and Climate Action). During the session, the students identified what they think community is and discussed the community groups they are involved in. In class groups they participated in a Spaghetti Challenge, where they had to build the tallest tower possible using uncooked spaghetti, 1 metre of string and 1 metre of masking tape that supported a marshmallow on top.



Wellbeing Update

CHAPLAINS WORD

Ever noticed that some days we are easier to get annoyed than other days? Mostly things such as hormones and stress contribute to this. Why is it that some days we can conquer the world and other days we just want a blanket and hot drink? This is because some days our 'window of tolerance' is larger than other days. When we are under stress for one day, our bodies can handle that quite well. When we are under stress MOST days, or are grieving, our tolerance level decreases making it easier for us to 'tip over the edge' of frustration, anger, or sadness. It takes us time to readjust, learn the new normal – our *window of tolerance* is smaller than usual. So, if you're noticing your child is behaving out of character and snapping more easily, keep in mind, they may need to be spoken to a bit more gently that day because something is making that tolerance level lessen. Talking with others you trust, going for a walk in nature, eating well, exercising, doing something enjoyable, asking for help, are all ways to help increase that *window of tolerance*.



GARDEN TEAM

This week, the class also worked hard to bring our veggie plots to life. We planted about 40 strawberry runners/plants in the courtyard planter boxes, which should provide the school with some tasty fruit to enjoy in the warmer months. The students did an amazing job weeding the veggie plots and digging up two 10 litre buckets full of potatoes. Jeff did a great job washing the potatoes, preparing them and cooking delicious chips on the BBQ for the whole school to enjoy with their lunch. We've begun planting vegetable seedlings and will continue doing this between rain showers, over the next week or so. A wonderful job was done working together as a class, to achieve a great result for our school community!



WHOLE SCHOOL CAMP

This week information went home regarding our whole school camp in week 6 this term. This will be a 3 day 2 night camp at Cottage by The Sea in Queenscliff. If you have any questions or would like to find out more about Cottage By The Sea, please contact school or visit their website at <https://www.cottagebythesea.com.au>



WE'RE TAKING IT IN OUR STRIDE ON THURSDAY 18th of MAY 2023

Well it's that time of year again when our school seriously starts talking about walking!

Walk Safely to School Day asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. And although walking all the way to school isn't realistic for many of us, it's quite easy to figure out how you can build a walk into your family's daily routine.

You can teach your child the healthy habit of walking more by:

- Walking with them the whole way to school
- If they get the bus or train, walk past your usual stop and get on at the next stop
- If you have to drive, park the car a few blocks away from the school and walk the rest of the way.

Regular exercise like walking with your child not only helps them (and you!) beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes. It also gives you a great opportunity to teach your child safe ways to behave around roads and traffic.

Remember, Active Kids are Healthy Kids so get planning your own Walk Safely to School Day journey for Thursday 18th MAY 2023!

For more information, visit www.walk.com.au

The Cape Clear and District
Historical Society

presents

Looking Back

Photographic Exhibition

7th May 2023

Cape Clear Hall

Cape Clear Recreation Reserve

1pm to 4pm

Entry \$2
Afternoon Tea

enquiries: Elizabeth Donovan ph 53422223
Craig Cook ph 5342 2448

email: bombard170@gmail.com
Facebook : Cape-Clear-District-Historical-Society



Cape Clear Primary School was formed on the lands of the Wathawurrung people of the Kulin Nation. We pay our respects to their elders; past, present and emerging.