

Produced by Dwellingup Primary School

Feb 10th 2023

*Established 1911*

**"Choose Respect"**

Dates to Remember:

**Wed 15<sup>th</sup> Feb:** P & C Meeting

**Thurs 16<sup>th</sup> Feb:** Playgroup Meeting 9.00am

**Thurs 16<sup>th</sup> Feb:** Hockey Clinics Years 1 - 6

**Fri 17<sup>th</sup> Feb:** Wear red, orange or yellow for Fire Brigade (gold coin donation).

**17<sup>th</sup> Feb:** Book Club due

**Sat 18<sup>th</sup> Feb:** Log Chop & Community Fair

**Wed 1<sup>st</sup> Mar:** P & C A.G.M.

**Mon 6<sup>th</sup> Mar:** Labour Day Holiday

**Wed 8<sup>th</sup> Mar:** "Sculpture by the Sea" Years 4/5/6

**Mon 13<sup>th</sup> – Fri 17<sup>th</sup> Mar:** Harmony Week

**Sun 19<sup>th</sup> Mar:** Black Dog Ride – P & C

**Tues 14<sup>th</sup> – Thurs 23<sup>rd</sup> Mar:** NAPLAN

**Mon 3<sup>rd</sup> – Thurs 6<sup>th</sup> Apr:** Swimming Week

**Thurs 6<sup>th</sup> Apr:** Last day of term.

**Sat 8<sup>th</sup> Apr:** Giant Pumpkin Fete

**Mon 24<sup>th</sup> Apr:** Term 2 commences

**Tues 25<sup>th</sup> Apr:** ANZAC Holiday

\*Assembly dates next newsletter.

[www.mathletics.com.au](http://www.mathletics.com.au)

[www.studyladder.com.au](http://www.studyladder.com.au)

[www.mylexile.com.au](http://www.mylexile.com.au)

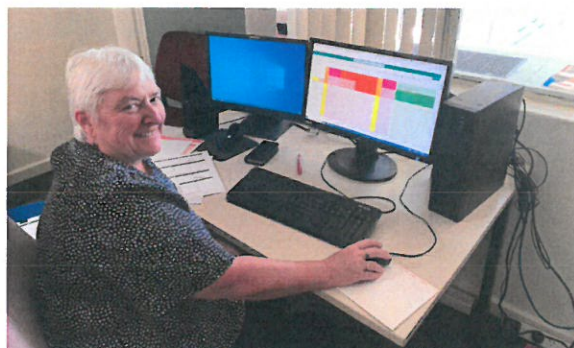
## In Term Swimming

Every year we are allocated dates for our In Term swimming by the Department of Education. This year In Term swimming will be held in Week 10 (Mon 3<sup>rd</sup> – Thurs 6<sup>th</sup> April). Even though students will be attending for 4 days instead of 5; swimming lessons will be longer to ensure that the content is covered. An advantage is that there will be a saving to parents on bus costs and pool entry. (Tuition is provided free by the Department of Education). Costing is still being finalised, but for your budgeting purposes, the cost will be around \$60 per student. You will be advised as to the final cost on March 3rd.



## Monitoring & Tracking Student Performance / Intervention

It is essential that monitor our student's performance regularly so that intervention (extension or remediation) can take place in a timely manner. Last week students in PP – 6 have completed a spelling / phonics assessment. This term they will complete reading and numeracy assessments.



Above: Mrs Wagenaar has entered all students' spelling assessment results into a computer program. This ensures efficient tracking and intervention.



Above: In term 4 students in years 1 – 6 were assessed in maths, spelling, reading, grammar and punctuation and Science. Results are entered into the 'Best Performance' system. Individual and group performance is presented in graph form. "Trouble bubbles" indicate where individuals or groups have not fully grasped a concept as required. Interventions then occur. If students have grasped all required concepts, they can advance above their expected level. Thank you to Mr Carter for implementing this initiative in 2022. He is seen analysing term 4 data.

## Murray Shire Youth Summit

On Friday, our year 6 students travelled to Pinjarra to participate in a 'Youth Summit' organised by the **Murray Shire**. All year 6 representatives from schools in the Shire attended. Due to our small numbers, all of our students had the chance to participate.

The Summit is a gathering of youth and education leaders in the district to help drive the direction of the **Shire's 2033 Strategic Community Plan**, which is currently being prepared. As part of the process to develop the new Plan, the Shire is very keen to have significant and meaningful input from the youth to understand what it is that they need to develop and implement for youth in our community over at least the next 10 years



*Above: Our fabulous year 6 students and Mr Carter.*



*Above: Young people having a say about their future.*

## *A word from Shire of Murray C.E.O. Dean Unsworth:*

*"Thank you all so very much for taking the time out of your busy schedules to make the Youth Summit today. I felt it was very valuable and will certainly help our planning for the future. The behaviour of the students is a credit to all of you and your staff as they were incredible today.*

*I will send to you the notes as soon as Craig can provide it to me.*

*I am keen to get any feedback you may have and whether we should look at this as a regular (annual) event. It would certainly then keep (positive) pressure on the Councillors and relevant politicians to ensure youth priorities are at the forefront of decision making. This would be a very positive outcome."*

I extend a big thank you to **Dean Unsworth and the Murray Shire** for giving our young people a "voice". What a wonderful opportunity for our students to be able to contribute and to participate in a forum such as this with other young people. Our students were also provided with an opportunity to meet students they will be attending secondary school with.

I attended a principal's meeting after this forum and I received excellent feedback about our students' input. Pertinent issues were raised by them including the impact of lack of housing in Dwellingup. I was very proud, and **Mr Carter** reported that he was too!



*Above: Shire President, David Bolt addresses the students. Students also had the opportunity to learn more about the role of local government.*

## Sunday Lemonade



*Above: The years 1/2/3 class prepared a lovely welcome sign for “Sunday Lemonade”*

Last Wednesday we welcomed “Sunday Lemonade” back to our school. Once again, they delighted their audience as you can see by the picture below. We thank **Tyson and Laura** for visiting us and for singing such beautiful songs. We were very touched that “Sunday Lemonade” wrote and performed a song about Dwellingup. We thank **Alby and Otis** for sharing their lovely friends with us.



*Above: Many of our students and their families, along with other Dwellingup residents, attended a wonderful “Sunday Lemonade” concert last Friday night.*

## **Wear Red / Orange or Yellow for the Volunteer Fire Brigade**

The wonderful people who volunteer as part of the local **Volunteer Bushfire Brigade** do an amazing job in preventing bushfire and controlling them if we are unfortunate enough for one to occur. We are all very grateful for the important role that they play in keeping our community safe. Students are invited to wear red, orange or yellow clothing on Friday. Can students please bring a gold coin donation so we can buy the volunteers a well-deserved gift to demonstrate our appreciation.



Please ensure that all jumpers and lunchboxes are named please.

## Maths with a Splash!

Last week students in years 3/4/5/6 greatly enjoyed a maths / sport session with **Mr Carter**. Students engaged in a range of fun and educational measurement / movement activities involving water. No-one complained about getting wet!



*Above: Macy*

*Right:: Alby & Logan ~ hooray for maths!*

## Voluntary Contributions

Contributions are **\$50.00** per student. Thank you to the parents who have already paid these. Funds collected are used for learning resources for your child.

## Lunches

Please note that we have an arrangement with the shop to provide lunch orders on **Thursday and Friday**. Please note that lunch orders are no longer available on Wednesdays. The reason for this change is that a staff member needs to go to the shop to collect the lunch orders. Most staff members are on lunch duty four days per week as it is. An unnecessary trip to the shop can result in someone missing their lunchbreak. In addition, lunches packed by parents are generally healthier and sugary drinks are not provided.



New parents, the lunch menu is on the table outside the staffroom door. Orders are placed in the letterbox there. Lunches can also be ordered at the General Store and we then collect them and bring them to the school. We have a Healthy Eating policy so request that soft and energy drinks are not purchased.



*Above & right: Evie and Sienna with healthy, waste-free lunches.*

## “Choose Respect” Marble in the Jar Certificates

*Wesley Holster, Alby Hughes, Ambrosia*

*Sheridan* ~ Settling into the senior class effectively.

*Bronte Alers* ~ Being a very enthusiastic, engaged and helpful student.

*Oliver Birmingham* ~ Always being friendly and willing to share his experiences.

*Arlo Bell* ~ Being a very conscientious and engaged student and always being willing to help others.

*Jackson Hanstrum* ~ Demonstrating thoughtfulness in the playground.

*Lily Hanstrum* ~ For always being kind and helpful.

*John Pitchers* ~ For settling well into his new school and demonstrating an interest in nature.

*Luca Zahra* ~ Demonstrating outstanding skills as a mentor to younger students.



## Thank You Alcoa

We thank **Alcoa** for being long term supporters of our school. At the end of last year, we took delivery of 5 new computers valued at \$5494.00.

It is very important that our ICT equipment is up to date. At Dwellingup P.S. every student has access to their individual laptop. Again, a big thank you to Alcoa for supporting this..



## School Web Page / Newsletter

Our web address is:

<https://www.dwellingupps.wa.edu.au/>

If you need to receive a hard copy of the newsletter please contact the front office.

## Recycling / Charities

Please bring in obsolete mobile phones (recycling); batteries (safe disposal); stamps (Rotary sell them for charity and have raised \$90 000 in 23 years); toothpaste tubes and old toothbrushes. There are collection bins in the passage.



Students who bring in items receive a raffle ticket which goes into a weekly draw for a milkshake. Recipients are as follows:

Week 1: Wesley Hoster

Week 2: Arlo Bell

Milkshakes are kindly donated by Longriders' Café.

## Recycling

In 2021 **Mr Warren** commenced an educational and very worthwhile sustainability project with our students. For many students, this activity was the highlight of their week. Old electrical items were disassembled, metals were identified, sorted and sold for scrap instead of ending up in Landfill. Please contact **Colleen Sing** 0488 225 888 if you have any items to donate.

## Playgroup News

There will be a meeting of all parents interested in Playgroup this **Thursday 16<sup>th</sup> February**. Playgroup has been based at our school in the past and we are very keen to get it up and running again. We



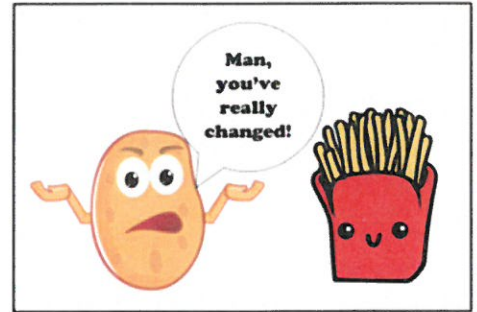
encourage this as 0-3 years is the age when brain development is at its peak and it is very important that children engage in quality play based learning. It is also wonderful having younger children and families involved in our school. If you are interested in Playgroup please contact **Colleen Sing** on 0488 225 888 or come along on Thursday. Please come to the front office.

**ALL WELCOME!**

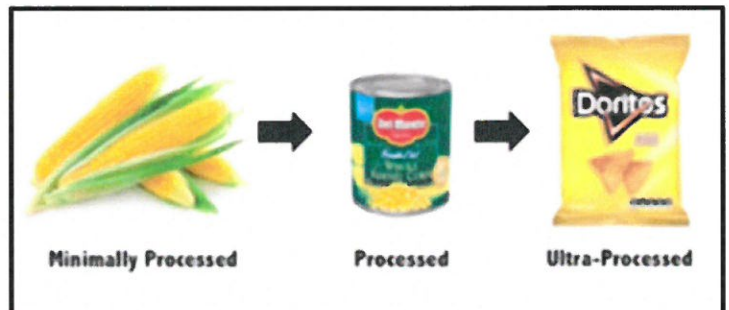
# Food Technology – Food for Health

Shani Holster

This term I am teaching Food Technology to the year 1 to 6 classes. As well as the practical cooking component of the program students are also engaged in learning about the foods we eat, their production and nutritional value. Increasingly our food is becoming less like it's 'product of origin' (eg. a potato) and more and more ultra-processed or what is now referred to as 'food like products' (eg potato chips). The more food is processed the less nutritional value it has and the more added sugar, fat, salt and preservatives it contains. This means that it might make you feel full, but it is not providing your body with the nutrients it needs to be health and grow.



Here are a couple of easy graphics that demonstrate this process.



## Sugar Consumption

Australia has some alarming statistics related to sugar in our diets. We are the 5<sup>th</sup> highest consumers of sugar in the world. On average an Australian will consume 3000kg of sugar in their lifetime (no that's not a typo). That equals approximately 40kgs per year. To demonstrate how much sugar that is Nova kindly let me borrow two of her 25kg, jam making, sugar bags for the students to see. I think it was safe to say that all of them were a bit shocked to see how much sugar 40kgs is.

The biggest, but by far not the only, source of added sugar in our diets is sugary drinks. Australians consume around 2.4 billion litres, 2 400 000 000 ltrs, of sugary drinks a year. That's 960 Olympic sized swimming pools full. If you don't include babies and young children in the stats that equals approximately 100ltrs per year. This wheelie bin is 100ltrs.



I don't drink soft drink and very little fruit juice but despite this it turns out I'm not in the clear. I do like a cup of tea, in fact about 4 per day on average, and I have always put one spoon of sugar in each cup. Based on this I got the students to calculate how much sugar I am consuming per year just from tea drinking.



This is what we found out: 4 teaspoons a day equals 28 teaspoons a week, or 1 456 spoons per year.....

A teaspoon of sugar weighs approx. 5gms. So based on that I am consuming about 7.3 kgs of sugar a year just in my tea. To provide students with a visual demonstration of what that volume of sugar looks like we used some pots and scale to find out. As Nate scooped jugs full of sugar into a pot it became obvious that one pot wasn't going to be enough, so we had to find a second tub. In the end it equalled two pots full of sugar.



How much sugar I have per day and week in my tea.



My yearly intake of sugar just from drinking tea.



My first cup of sugar free tea.



We then measured out how much sugar a can of soft drink contains. Each can contains between 8 to 12 teaspoons of sugar.

What I was wanting to demonstrate to the students is that no one intends to consume kgs of sugar and have an unhealthy diet. It just creeps up on us one spoons full or drink at a time. **This exercise with the students is NOT about finger pointing, guilt or blaming.** It's just about awareness and education. If you are interested in finding more about how sugar can sneak into your idea and the effects of this, watch the following:

- Magda's Big National Health Check, Series 1, Episode 2
  - I'd recommend watching the 3 episodes. It is interesting viewing and again, it is not about 'finger pointing, guilt or blaming'
- <https://iview.abc.net.au/video/DO2118V001500>



To finish off the lesson we used a range of no sugar or low natural sugar ingredients to cook a healthy breakfast granola. The next day we served it up with Greek yogurt, milk and banana. This created a filling breakfast option that is high in nutrition, and low in sugar. Some of the students loved it and came back for seconds and thirds and others found it a different texture or taste to what they are used to, but I was just happy that they were prepared to give it a go. Many thanks to those who donated ingredients 😊

<https://www.superhealthykids.com/healthy-sugar-free-granola-recipe/>





# ANNUAL DWELLINGUP LOG CHOP & COMMUNITY FAIR

DWELLINGUP TOWN OVAL - MOORE ST

**SATURDAY 18<sup>th</sup> FEBRUARY 2023**

**9.30am to 4.00pm**

- MARKET STALLS
- FOOD STALLS
- ALCOA INTERACTIVE DISPLAY TENT
- CLASSIC CAR DISPLAY
- MACHINERY PRESERVATION DISPLAY
- KIDS ACTIVITIES

- ALL DAY LOG CHOP COMPETITIONS  
(starting from 9.30am)

**FREE  
ENTRY**

**PROUDLY SPONSORED BY:**



**Alcoa**  
**Shire of Murray**  
**Newmont Boddington Gold**  
The Eastcott Family  
Down South Floor Sanding  
Vergone's Fruit Stall  
Stikit Solutions

