

Wednesday

16th October

2019

**DATES to
REMEMBER**

Show Day 24th
October

Student Free Day
25th October

Grade 3-5 Learn
to Swim Program
28th October – 8th
November

For more dates
click on Calendar
at the following
address
[www.woodbridge
school.org.au](http://www.woodbridgeschool.org.au)

Parents
Emergency No.
0427 303 701

Student Absence
Contact No.
6267 4205

WOODBIDGE WORDS



Woodbridge School and Marine Discovery Centre
Phone: 03 6267 4667 Fax 03 6267 4808
Email: woodbridge@education.tas.gov.au
Web: www.woodbridgeschool.org.au

Dear Parents and Carers

Welcome back to Term 4! It has been fantastic to see the students return to school this week with such enthusiasm and eagerness to learn. I know the teachers have put a lot of work into preparing engaging learning opportunities. What a busy and exciting term we have ahead of us. Next week we have our Athletic Carnival, which will be split across two days. On Tuesday from Period 1-3 selected secondary students will be competing in the Field Athletic Event Finals and in the afternoon Grade 3-6 students will be participating in Field Events. On Wednesday the whole school will walk to Woodbridge Oval where students from Kinder – Year 10 will participate in a range of athletic events and activities. Students are encouraged to wear appropriate clothing and house colours. Make sure you are ready for the first event of the day, the very important Teddy Bear race! I would also encourage you to join in the Woodbridge spirit and participate in the teacher/parent events!

A reminder that next Thursday 24th October is a public holiday and Friday 25th October is a Student Free Day. On this day, teachers will be undertaking professional development and unpacking student data. This is a valuable time for teachers to work together, developing their knowledge and skills.

Finally a reminder as the weather becomes warmer we are a SunSmart School, students from Kinder – Grade 6 must wear hats at recess and lunch. We also encourage secondary students be sun smart, sun cream is always available at the school office.

**Shannon Bavage
Principal**



New Chaplain

Hello, my name is Rita Wong and I am excited to join the Woodbridge team as the new school chaplain. As a Chaplain, I have the privilege to connect and build relationships with students. To them, I am a listening ear and caring presence. I am available in person for a chat on Mondays and Wednesdays or feel free to email me on rita.wong@education.tas.gov.au. I look forward to get to know you soon!

There will be no Primary assembly this week.

The Reaching Out Festival

Friday September 27th

Thank you to everyone who participated and helped to organise The Reaching Out Festival on the last day of term. It sure was a great way to end the term with many different activities to showcase Mental Health and Wellbeing.



Feedback from the 'Reaching Out' Festival from Year 6-10 students

How would you rate your mental health in the past 2 weeks:

0 (very poor)	1	2	3	4	5	6 (excellent)
0%	5%	10%	10%	35%	15%	25%

How would you rate your mental health after attending the festival?

0 (very poor)	1	2	3	4	5	6 (excellent)
0%	2%	5%	11%	12%	26%	44%

How would you rate the festival?

0 (very poor)	1	2	3	4	5	6 (excellent)
1%	1%	1%	7%	6%	37%	47%

What have you learned about mental health and wellbeing from the festival?

- Its ok to not be ok *****
- Its ok to talk to people about mental health **
- Its important *****
- No matter how sad or angry you are there is always something you can do to make it better **
- Ask for help when needed
- Lots of different things you can do to feel better
- Things to do if I feel anxious or stressed
- Great to know that sport is good for mental health
- 1 out of 5 people struggle with their mental health **
- Tapping session was amazing and something new I learned *****
- I need to take care of myself more ***
- Life isn't always bad
- Important to look after your mental health
- Speak Up Stay ChatTY
- Mental Health isn't a negative term
- It is ok if you have bad days once in awhile
- Live in the present and don't worry about the past and future all the time
- Great to have a 'wind down' day after a few stressful weeks
- Being calm and doing calming activities really helps your mental health
- Having time to do mindful activities
- Everyone struggles at times and it is ok
- Relaxing at the end of a term heled my mind ***
- I learned its more important than you might think

WOODBIDGE WORDS



Dear Herr Deane and Mrs. Robinson
Danke for setting up the reach out
festival.

My 1st favourite activity was the
sandpit challenge where the longest
and deepest tunnel made would win
a prize and Toel, Willa and someone
else won a pencil set.

My second favourite activity was the
circus one because it had lots of circus
toys to play with and a guy taught me
tricks to teach you how to juggle.

My third favourite activity was the art
one with Miss. Rawlings for the art activity we
Painted a butterfly I didn't get to finish
mine but I still did well.

by Haylee
grade 3

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Athletics Carnival

Tuesday & Wednesday October 22nd & 23rd

All parents and family members are encouraged to come along to our Athletics Carnival next week.

This year's program has field events being held on Tuesday at Woodbridge School (not a whole school event, please see program for details) with Wednesday being our Whole School Event at Woodbridge Oval.

Grade 3 – 6 students and secondary field athletes are encouraged to wear house colours or athletic clothing on both days, with the whole school encouraged to wear athletic clothing or house colours on Wednesday.

Kinder to Grade 2 students are encouraged to bring along a Teddy Bear for the Teddy Bear Race on Wednesday. There will be some spare available on the day.

There will be parent races on Wednesday including a 100m sprint and Tug O War.

These events assist our school in building a fantastic culture, whilst also preparing and celebrating those students who aim for representative teams within the District Schools and Huon and Channel Carnivals. Carnival cancellations will be placed on school stream after 9am on both days.

If you have any further questions please direct them to Miss Kellie Mannering via kellie.mannering@education.tas.gov.au

CONTACT DETAILS

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