

# The Wave



## Term 1 – Week 5

### Relieving Principal's Message

Week 6 is upon us already and is busy, busy, busy! Thank you to all our families who are connected to Class Dojo. We love having the opportunity to share all the wonderful things that your child does throughout the school day with you. If you are not yet connected, please contact the school and we can assist you.

#### Intensive Swimming starts on Monday 27<sup>th</sup> February

We are incredibly lucky to have the opportunity to offer Intensive Swimming at no cost to our Ballina Public School Families. The swimming program will offer instruction for Learn to Swim and Stroke Correction groups. Each session is conducted by fully trained staff with further supervision by Ballina Public School staff.

**This will take place on Monday, Tuesday, Wednesday and Friday.** Please note, there will be no swimming Thursday due to School Photos.

Students will need to bring the following:

- Swimmers
- Towel
- Thongs (to walk to and from the pool)
- Sunscreen
- Broad brimmed hat

**Please ensure all items are clearly labelled with your child's name or initials.**

#### School Photo Day – Thursday 2<sup>nd</sup> March

Thursday is School photo day. Please ensure that your child comes to school wearing full school uniform and looking their very best. Our whole school photo will be taken at 9:15am so please arrive at school on time.

**Students are to bring their photo envelop with them on the day.**

#### Parent Teacher Interviews – Wednesday 1<sup>st</sup> March (between 3:30pm-5:30pm)

Parent Teacher Interviews will be held on Wednesday 1<sup>st</sup> of March from 3:30pm until 5:30pm. This is an excellent opportunity to sit and meet with your child's teacher and share vital information about your child. Bookings are to be made online using the below link. If you are having trouble using this platform, please contact your child's teacher on ClassDojo or the front office for assistance. All interviews will be held on the Westside campus. K-4 classes will be held in their classrooms and 5/6 classes will be held in the hall. Staff will be available at the gates to help you find your way.

Booking Link: <https://www.schoolinterviews.com.au/code/qxjm2>

#### Stage 2 Excursion – Friday 3<sup>rd</sup> March

Stage 2 students are lucky enough to have the opportunity to attend Southern Cross University on Friday to engage in the exciting area of STEM (Science, Technology, Engineering, Math). They will be engaging in innovative activities and preparing themselves for future jobs that don't even exist yet! What an exciting opportunity for them, I can't wait to hear about their adventure.

Kind Regards,  
Angela Wraight

## Important Dates

### Term 1 - 2023

#### Week 6

Intensive Swimming  
**Monday 27<sup>th</sup> February**  
**Tuesday 28<sup>th</sup> February**  
**Wednesday 1<sup>st</sup> March**  
**Friday 3<sup>rd</sup> March**  
K-2 12:30-1:30pm  
3-6 1:30-2:30pm

**Wednesday 1<sup>st</sup> March**  
Parent Teacher Interviews  
Time: 3:30-5:30pm

**Thursday 2<sup>nd</sup> March**  
School Photo Day

**Friday 3<sup>rd</sup> March 2023**  
Stage 2 – Excursion  
Southern Cross University

#### Week 7

**Tuesday 7<sup>th</sup> March**  
Stage 3 – Goanna Academy

**Friday 10<sup>th</sup> March**  
Assembly  
10:30am  
Hall

#### Week 8

**Wednesday 15<sup>th</sup> March –**  
**Friday 17<sup>th</sup> March**  
NAPLAN  
Years 3 & 5

#### Week 9

**Monday 20<sup>th</sup> March –**  
**Friday 24<sup>th</sup> March**  
NAPLAN  
Years 3 & 5

## Canteen

### Meal Deal

#### *SUSHI*

Chicken Katsu \$4.00

Vegetarian \$3.50

Available Thursday 2<sup>nd</sup> March 2023

Limited Numbers

Our Canteen is open on Wednesday, Thursday and Friday from 8:45am to 12:00pm. Students need to place their orders by 9:15am on the day.

## Bundjalung Language with Mr Eli Cook

In the coming weeks we will be sharing a series of Meeting and Greeting words you can use with your family at home and in the community.

Today's word is:

**Jingii waa la**

**Welcome**

For the full lesson exploring Meeting and Greeting words, feel free to follow the link provided <https://www.youtube.com/watch?v=t-32udEy90Q>

Bugalbee  
Mr. Cook



A Partner School of

THE UNIVERSITY OF  
**SYDNEY**

—  
**STEM Teacher  
Enrichment  
Academy**



## Swimming Ribbon Presentation



*Congratulations*





## Stage 2 Classes 3/4C and 3/4G

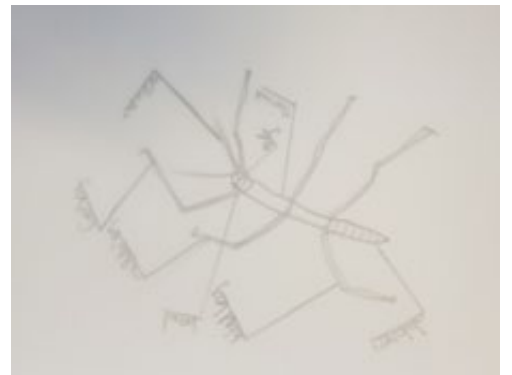
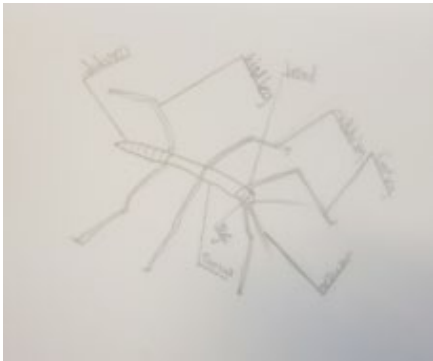
### Class 3/4C – Mr Cook

Thanks to Hamish and Freya who cleaned out our Phasmid enclosures this week. Stage 2 are studying life cycles and we have separate enclosures for the eggs, the nymphs and the first instar Phasuids. The nymphs were VERY fast and we counted about ten when we cleaned the enclosure. Five of these nymphs hatched this week so they are tiny! We are excited to watch them change and grow!



### Class 3/4G – Ms Gulliver

Annotated Phasid drawings



## Class KF (Mrs Franklin)

Kindy students have been settling into school life.

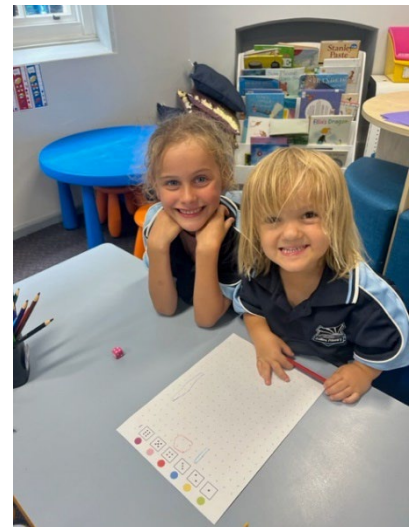




# Class KF



Mrs  
Franklin



YEAR 6 STUDENTS AND FAMILIES ARE INVITED TO  
**ALSTONVILLE HIGH SCHOOL**  
**YEAR 7 2024 – INFORMATION EVENING**  
TUESDAY 14<sup>TH</sup> MARCH 2023  
5:30PM–6:30PM



- General information regarding different aspects of high school
- Displays of student work in Key Learning Areas
- School tour

Address: Cawley Close, Alstonville NSW 2477 Tel: 6628 5222

Email: [alstonvill-h.school@det.nsw.edu.au](mailto:alstonvill-h.school@det.nsw.edu.au) [www.alstonvill-h.schools.nsw.edu.au](http://www.alstonvill-h.schools.nsw.edu.au)





### Goori Gumaguy Blaggang Mirr



**Jarjum Gamgaang Bulaang**

**Learning Together**

Homework Support Centre

YEARS: 1-6

Wednesday 4:00pm-5:30pm

Community Room

10 Hayman Street, West Ballina

Bring your homework and get support !

**Dates: Wednesday 15th Feb, 1st March, 15th March,  
29th March, 12th April.**

For more information contact Kath Brokeman 0402039554 or  
Letisha Roberts 0435770326

Afternoon tea provided.

Children must be accompanied by parent/career over 18  
years to this supported H.W.C

**Byron Bay  
Play Therapy**

Would your child benefit from seeing a play therapist? Below are some reasons why play therapy may be helpful to your child:

- Emotional dysregulation
- Help processing a traumatic event
- They are struggling socially
- They have experienced bullying
- Experiencing anxiety or depression
- Are navigating a parent separation
- Are showing signs of low-self esteem
- Experience neurodiversity

### What is play therapy?

Play therapy is a form of child counselling where children use toys to express themselves instead of words.

Play is a natural and safe way for children to communicate their troubles. Play therapists have specialist training in building connection, modeling regulation and exploring themes in a child-led way. They use play to help children gain an understanding of their emotions, thoughts & experiences in a developmentally appropriate way.

Play therapy is challenging, expressive, relational and fun!

Byron Bay Play Therapy is a mental health service offering support to children and families experiencing emotional and behavioural challenges. Principle play therapist Skye Gannon is a trauma counsellor & registered social worker with postgraduate qualifications in psychology and play therapy.

For more information:  
[www.byronbayplaytherapy.com](http://www.byronbayplaytherapy.com)  
3/26 Byron St, Bangalow  
0414 567 873  
[skyeeskyegannon.com](mailto:skyeeskyegannon.com)  
Instagram @byronbayplaytherapy



## Come and try FEMALE SOCCER ALL AGES WELCOME



**SUNDAY  
12TH MARCH  
19TH MARCH**

### Come and Try Soccer Free Sessions for Women and Girls

Have you ever wanted to play soccer like Mary Fowler or Sam Kerr? Are you looking to join a fun social group to stay active and improve your fitness?

In the year of the FIFA Women's World Cup in Australia and New Zealand, Ballina Soccer Club is hosting introduction to soccer days for girls and women (including walking football for women aged 40+).

This is a great way to keep fit and active, start a new sport or rekindle your football skills. The sessions will be facilitated by Wendy Britton (C - Licence senior coaching certificate).

New and returning players welcome.

**Saunders Oval, Ballina Soccer Club**

**Sunday 12 March 2023 (ages 16 – senior)**

Session 1 – walking football: 10.00 – 11.30 am

Session 2 – traditional soccer: 12.00 am – 1.30 pm

**Sunday 19 March 2023 (ages 5 – 16)**

Session 1 – mini-roos aged 5-11: 9.00 – 10.30 am

Session 2 – girls aged 12-16: 11.00 am – 12.30 pm

No cost. All equipment, refreshments and participant shirt will be provided.

Register your interest to:

**Wendy Britton 0490 806 105 by 8 March 2023**

Alternative venue arrangements will be advised to registered participants if required due to weather.



Proudly supported and funded  
by Ballina Soccer Club and the  
NSW Government.  
[www.ballinasoccer.com.au](http://www.ballinasoccer.com.au)

