



LEVEL 5/6

TERM ONE NEWS

Sun Smart

All students are required to wear a school approved sunhat in terms 1 & 4. Please make sure these are **named**. Hats can be left at school or in school bags.



Welcome to level 5/6

Our school year has started well, with students settling back into school routines, collaborating when exploring our school values and when building connections in team activities and discussions. Students are getting to know each other and are developing an inclusive learning environment with their classmates. Since our return we have focused on 'Gratitude' as part of student wellbeing. Positive reflection and focus helps us to boost our mood and feel more optimistic. We are all looking forward to a wonderful year of learning.



Don't forget to **NAME** all school items.

Masks

Students are to wear a face mask indoors. Exemptions for 2022 can be directed to Mr Vass. Please ensure your child brings a mask from home everyday.

Water

Please send a named water bottle to school with your child. The bottle can be left at school and will ensure that students are not having to leave the classroom to get a drink during learning time.

WHAT'S HAPPENING THIS TERM

Numeracy

Students will focus on their knowledge of place value and patterns. We will be looking at some geographical data through our inquiry unit and students have already started exploring aspects of measurement and scale by measuring their height.

Literacy

Through class texts and individual good fit books, students will be introduced to a variety of reading and writing strategies to help develop their learning stamina. Writer's Notebooks will be used as a springboard for student writing and we will unpack the techniques used in persuasive texts.

Specialists

PE:

- Athletics & Interschool sports - Tennis, volleyball, softball, cricket.

Art:

- Art from Oceania

Music:

- 'Oceania' - musical elements of beat, rhythm, rhyme, melody, form & style

Science:

- Circuits & Switches
- Essential Energy

Term One Inquiry Unit: Civics and Citizenship

This term students will be learning about Australia's democratic system of government. They will explore how laws are made and examine the rights and responsibilities of Australian citizens, and our obligations as global citizens.

PRACTICE, PRACTICE, PRACTICE

Repetition is vital in the learning process, strengthening the pathways of the brain that are vital for the quick, effortless recall of information. In Week 3, students will be bringing multiplication facts and spelling home to practice. Students should also be aiming to read at home for at least 20 minutes, 5 times a week.

Homework will be submitted each Monday.

Having a Growth Mindset

Have you ever heard your child say, "I can't do it!", or "It's just too hard"? Maybe you have even said it yourself? It's easy to become overwhelmed or frustrated when we can't do something straight away. In class we discuss the importance of having a growth mindset. This means that students are encouraged and supported to believe in themselves and to "have a go". Often it's the important things that we have to work hardest at to achieve. Students are encouraged to keep trying and not give up when things are challenging.



Teacher Contacts

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Quality Time

Invest in spending quality time with your child. Giving your child your full attention for as little as 10 minutes a day has been shown to make a measurable difference to a child's resilience, self-esteem, self-worth and make them feel valued. Simple time spent reading with them, talking to them about the book they are currently reading, eating meals together, going for a bike ride, having a family movie night, playing a board game or listening about their day will ensure that your child feels supported and valued.

It can be as simple as asking **'What went well today?'**

<https://www.kidspot.com.au/parenting/parenthood/parenting-style/think-youre-not-spending-enough-time-with-the-kids-read-this/news-story/b6cc085d8a34df491a8c867ccc7c3f08>

IS IT BRAINFOOD?

If it's on this list,
can be eaten with your fingers
in five minutes or less,
then the answer is YES! 😊



- Apple – sliced or quartered
- Apricot
- Asparagus
- Avocado
- Banana
- Beetroot
- Blackberries
- Blueberries
- Boiled egg
- Boysenberries
- Broccoli
- Broccolini
- Capsicum
- Carrot – preferably in sticks
- Cauliflower
- Celery
- Cheese
- Cherries
- Coconut
- Cold roast vegetables – small pieces
- Corn
- Cranberries – small handful
- Cucumber
- Custard Apple
- Dates – small handful
- Dip for dipping veggies
- Dragon fruit
- Dried fruit – very small amount
- Eggplant
- Grapes – small amount
- Greek/Natural Yoghurt for dipping veggies
- Green Beans
- Kiwifruit
- Lettuce
- Mandarin
- Mango
- Mushroom
- Nectarines
- Nuts
- Olives
- Orange
- Passionfruit
- Peach
- Pear
- Peas
- Pineapple
- Plain Popcorn
- Plum
- Pomegranate
- Protein – minimal processing
(chicken fillet strips, ham, poultry, salami, chorizo, cabana, twiggies)
- Raspberries
- Rockmelon
- Seeds
- Snow peas
- Spinach
- Strawberries
- Sugar snap peas
- Sultanas – small handful
- Tangelo
- Tangerine
- Tomatoes
- WATER! ☺
- Watermelon

All fruit is to be fresh – not in juice please

