

2022 Term 4 Weeks 5 and 6

Principal: Meg Reynolds



Illabo Public School

# Newsletter



Whole school Wellbeing –  
making our special jars.

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Learn for Life  
Illabo Public School  
1 Layton Street  
Illabo NSW 2590



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A PROUD MEMBER OF THE  
**NGUMBA-DAL**  
LEARNING COMMUNITY





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## Calendar

### Term 4, Week 7

Tuesday 22 Nov **Kinder Transition Program (9:15am - 1:30pm)**

Thurs 24 Nov 2:45pm Assembly

### Term 4, Week 8

Monday 28 Nov **Kinder Transition Program (full day)**

Tues 29 Nov Yr 7 Transition JHS

### Term 4, Week 9

Wed 7 Dec **Presentation Evening 5:30pm**

### Term 4, Week 10

Wed 14 Dec Reports due home

Wed 14 Dec Yr 6 Farewell 6:00pm at IPS

Thursday 15 Dec Class Party

Friday 16 Dec Last day of school for 2022

### Term 1, Week 1 2023

Friday 27 Jan Staff Development Day

Monday 30 Jan Staff Development Day

Tuesday 31 Jan First day back for IPS students

Weds 1 February Kindergarten commences

Thursday 2 Feb Black Billy Cup

## Feature Photo



Whole school Wellbeing – making our special jars..

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## A message from Meg

Well done to George, Tully and Nell for leading our Remembrance Day assembly so capably on Friday.

It was lovely to see our 2023 Kindergarten students at "big school" on Monday for their first transition day. They settled in well and enjoyed being a part of the K-2 activities.

This time of year is certainly busy with preparation for our end of year events. On Monday, our Year 5 boys will present their captains speeches, as they strive for a leadership role in 2023. We look forward to hearing their speeches.

In-class assessments are occurring as teachers work on Semester Two reports which will be sent home in Week 10.

Remember...everyday counts. Attendance matters.

## REMEMBRANCE DAY



Illabo School joined the world in honouring those who've served and sacrificed, and we paid tribute to them at our Remembrance Day Ceremony. Throughout the Commonwealth and beyond, we remembered all who paid the ultimate price for our freedom.

The 11th hour of the 11<sup>th</sup> month marks the moment the guns fell silent on the Western Front after the bloodshed of World War 1.

Lest We Forget

Meg





## Sports Report – Tully

Every morning we do 10 minutes of exercise even though we have finished the Race Around Australia program. We stretch before we do our sport. We do skipping, dancing, throwing and catching. These things improve our core muscles and hand eye coordination.

In gymnastics we have had better weather than we did the first week. We have learnt 2 new poses. Years 5,6 have learnt the shapes angry cat, candle stick, roof, L, motorbike, front support, tuck and bunny hops. We do drills like putting our hands on a box and jumping over, that will improve our cartwheels. We also jump on a springboard and do a half or full twist in the air and then land in motor bike shape. We are all enjoying Hannah coming out to our school and are very grateful that she can come out.

## Wellbeing Report – Nell

During Wellbeing lessons last Friday K-6 focused on our school rules we have in place, why we have them and the effects they have on how we act and feel.

Last week, with Mrs Reynolds, we read the first book of a series called Lessons of a Lac. Lac stands for *Little, Anxious, Creature*. The book is about two villages who are enemies, one village is called the Calmster and one is the Lacs. At the Lacs school they are taught to look for danger and how to be anxious. At the Calmster school they are taught how to be calm and change negative thoughts to positive thoughts. When Lopy LAC meets Curly Calmster, Curly teaches Lopy that when you stop looking for danger, and start looking for fun, you find fun everywhere!

Afterwards, we discussed the strategies we can use to bring ourselves to a calm state and one of the activities to support this was to create a special jar.

We each wrote a personalised positive message to every one of our classmates and put it in their jar for them to read at a time when they might need a lift.

We loved decorating our jars using stickers and colourful pens and we enjoyed telling our peers how special we think they are.

## Out and about at IPS







## Awards

### Merit Certificate



Elsie – For taking on challenging topics in Mathematics.

Claudia – For working hard during reading by finding answers to questions within the text.

Zailey – For working extra hard to improve basic facts and fractions.

Eddie – For assisting in creating an engaging presentation on the Inuit peoples.

Charles R – For clever writing skills.

Charlie P – For working hard during maths lessons on patterns and fractions.

### Wellbeing Award



Charles R – For kindness to his peers.

Jessica – For always demonstrating our golden rule, treat others as you would like them to treat you.



## Welcome Kindergarten 2023



We are looking forward to seeing you again next week for some more school fun!

Tues 22 Nov 9:15am – 1:30pm



## P and C

Next P and C meeting is Wed 30 Nov at 5.30pm Sporting Bodies, all welcome.

Lovely to have our Illabo parents and community attending our assembly.



Guided by Tully our students demonstrated the shapes they have learnt in Gymnastics for the enjoyment of our parents and grandparents at our assembly.





## Community News

### Nutrition Snippet

#### SILLY SEASON FUN.

Get the kids to design their own seasonal creation!



**Have fun and get fruit and fibre into the day!**

Our super easy [banana pikelet](#) recipe is perfect for the kids to get creative in the kitchen!

For these recipes and more visit:

[healthylunchbox.com.au](http://healthylunchbox.com.au)



**Cancer Council**  
Healthy Lunch Box

### Sunsmart Snippet

#### Summer sun protection



**Using 5 sun protection measures gives you the best chance of protection.**

The default is to think if you have your sunscreen on that you are right for the day, but sunscreen isn't a suit of armour. When outdoors during summer, i.e. at the beach, weekend sport, make sure you slip on long sleeve shirt, slop on SPF 30 (or higher) sunscreen, slap on a broad brimmed hat, seek shade, and slide on sunglasses.



SLIP



SLOP



SLAP



SEEK



SLIDE

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



**Cancer Council**  
Healthy Lunch Box