

Wandering News

DISCOVER \ LEARN \ GROW



Coming Events

Monday 5 June

WA Day Public Holiday

Tuesday 6 June

School Development Day - no students

Wednesday 21 June

School Assembly

Thursday 22 June

Winter Carnival

Principal's Pen

A great deal of exciting things have been happening around the school in the past few weeks.

We recently had our School Council meeting and P & C meeting where a number of items were discussed. We have an updated student dress code and a new vision statement which has been approved by everyone.

Miss Wai attended a two day professional learning for Initial Lit which is a program designed to assist the students that require a bit of extra support in the classroom. Ms Lobb attended the WHS training last week and many of our staff are now trained First Aiders.

I must congratulate the Senior class for the fantastic effort you put into the First World War Museum. Our community really enjoyed the museum along with our local police who attended. More information on this event is in our newsletter.

The Senior class attended the Cicada show held at the Narrogin Art Centre. This show is about resilience and the student enjoyed the live acting. They also went to have a look at the RSL Park where the old gun and tanks are displayed followed by lunch before returning back to school.

We have a number of other exciting things happening before the end of term. The senior students will be attending the Winter Carnival over in Narrogin this term.

The weather is getting cooler and there are a number of viruses going around so please be mindful about not sending sick students to school. It is very hard for us to get relief if our teachers and support staff get sick.

Merrill Ridgely

Principal





Wandering Primary School Vision Statement

At Wandering Primary School, we are a caring and nurturing school community which supports the students to discover, learn and grow in an inclusive, multi-age environment.

We aim to develop our students to be resilient, productive, and respectful citizens of tomorrow.

We are focussed on the academic, emotional, social, and behavioural well-being of every child.

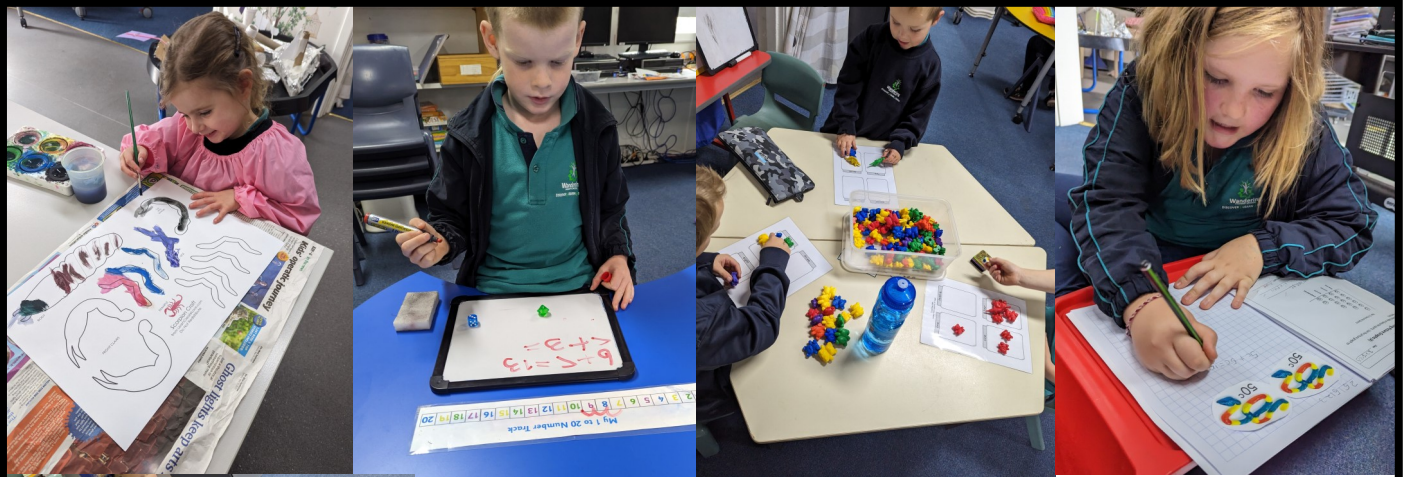
Students at Wandering Primary School are at the heart of all the decision making.

Student Dress Code

Our new Student Dress Code has been approved by the P&C and the School Council. A copy of it can be provided to you upon request or accessed on our website [here](#).



Junior Room



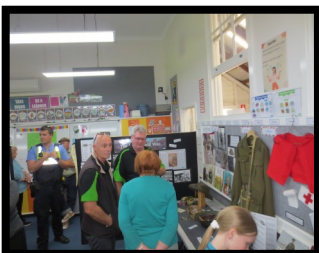
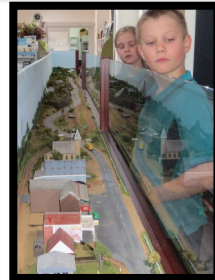
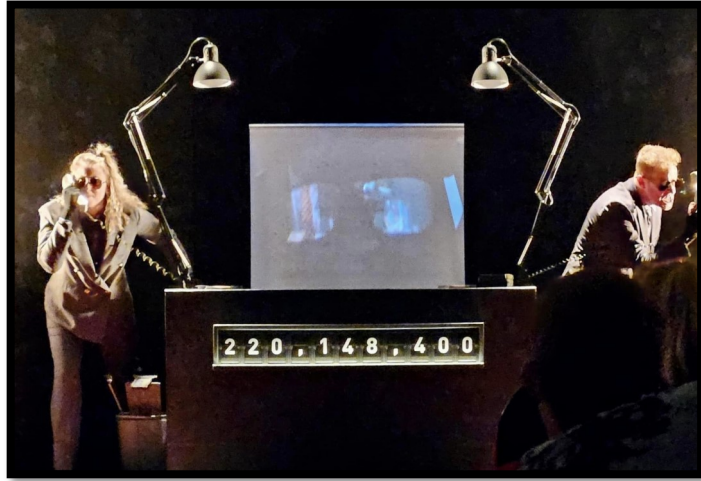
We are half way through the term and the Junior Room hasn't slowed down!

In maths the Year 2's have been focusing on money and doubles, the Year 1's graphing and counting on for addition, the PP's real-life addition and location, and Kindy subitising and number writing.

In literacy we have been looking at sentence writing and what makes a good sentence. The students also wrote an information report on scorpions.



Senior Class News



Senior Class News

The Senior Class students are to be commended on their excellent pop-up Military Museum held last Wednesday.

The Fremantle Military Museum have Memorial Boxes teachers can loan, to experience artifacts from WW1 and Peacekeeping missions. The boxes contained real uniforms, hats, helmets, medals and everyday items a soldier would keep in their pack. The great thing about these resources is that the students are encouraged to try the clothes on and touch the objects inside. The students felt like it was better than going to a museum because they could feel the fabrics (mostly itchy) and see the change of monarchs on the back of the medals. This was a great connection to our recent coronation of King Charles and the assassination of Archduke Frans Ferdinand, to understand the motivations contributing to the start of the war.

Using a strategy called negotiated curriculum, we brainstormed topics such as weapons, politics, medals, inventions, indigenous soldiers and transport. The students chose one of the topics and an item from the Memorial Box to research and write a summary for the museum display. This helped the students create categories in the exhibition and choose where and how to display the items. They were mindful of the audience and provided a mix of display and interactive items. Most students completed several summaries independently using our critical literacy skills to identify trusted sources of information and if the source was a primary or secondary source.

On the day the students baked fresh ANZAC biscuits and set an afternoon tea decorated with bouquets of rosemary for remembrance. With WW1 songs playing on our interactive board our guests arrived. We were visited by Pingelly Police Officers Cheryl and Tom and our Wandering CEO Alan and Operations Manager Karl as well as a great turn out of our class families and grandparents and community members. The students were full of pride and were seen interacting with the guests, explaining each object, showing the depth of knowledge they gained through their research.

We are extremely proud of our students for their dedication to their education and producing an amazing event for their community.



School Council



Our School Council are looking for a community member to join them.

Being a member of a School Council is an important and rewarding role that contributes greatly to the success of a school. Members from the wider community can lend their skills and expertise to the school to assist in its success.

Nominations are open now for a community member to join our council. If you are interested, please contact the school on 9884 2950 or via email: wandering.ps@education.wa.edu.au



DISCOVER | LEARN | GROW

FAZZ Award Winners

FOCUS VALUE

We have had two FAZZ assemblies since our last newsletter. Congratulations to all of our winners!



Well done to Daniel, Zuke, Joel R, Joel C, Ida, Rhian, Cliff, Lyla and Hannah!



You should all be very proud of yourselves!



Respect

Look after the feelings and rights of others.

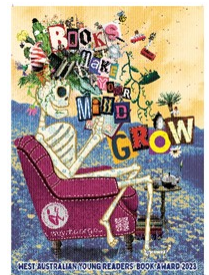


The Library Lowdown

As the month of May busily passed us by, I'm hoping that you all had a chance to read more! Reading with your child at home has so many benefits including providing bonding time, it enriches language and vocabulary, improves concentration and focus, and develops creativity and imagination. How awesome is that?! So, try to take at least 10 minutes out of your day, to share a book with your loved ones and reap the rewards.

We have begun reading and voting for some of the books shortlisted for this year's WAYRBA (West Australian Young Readers' Book Awards) and will find it hard to pick a favourite as there are so many great reads!

Some of our most recent themes on display in the library have included World Turtle Day, celebrating WA authors and illustrators as part of our WA Day display, as well as marking the first day of winter.



The Crunch

from the Crunch&Sip® team

AUTUMN 2023

WHAT IS A WHOLEGRAIN?

Before we dive in to why we should eat wholegrains, let's define what a grain is and, more importantly, what we mean when we talk about wholegrains.

A grain is a seed that comes from certain types of grass plants. The most common types of grains are wheat, oats, rice, barley, millet, quinoa, and corn. Once harvested, these grains can be ground into flour to make pasta, bread and noodles, or rolled and made into breakfast cereals.

Grains are made up of three layers: the bran, endosperm, and germ. When we talk about wholegrains, this simply means that none of the layers have been removed and the grain remains whole. Some examples of wholegrains include brown rice, wholemeal or wholegrain bread, wholemeal pasta, pearl barley, whole wheat-based cereal and rolled oats.

When a grain is processed and some of the layers are removed, it is no longer a whole grain. This is how white bread, white rice and white pasta are made. Known as refined grains, these white varieties usually only have the endosperm layer left. This layer is mainly made up of starchy carbohydrates, and only contains a very small amount of protein and nutrients.

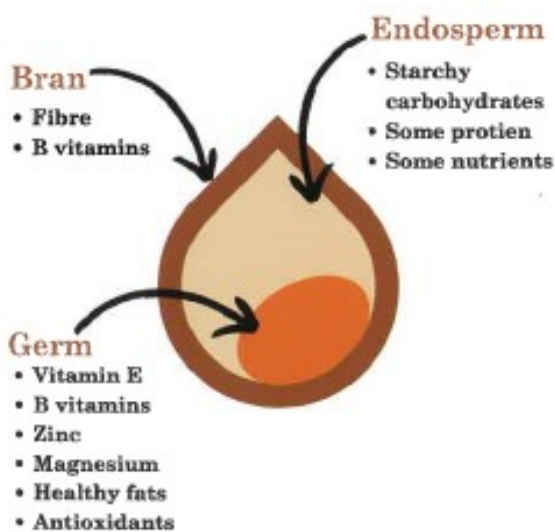


SO WHY SHOULD WE PUT WHOLEGRAINS ON THE MENU?

Wholegrains are essentially a whole package with all the goodies included that your body needs when eating grainy foods. When making refined grain products such as white bread, white pasta and white rice, the bran (the outer layer), and the germ (the inside layer), are usually removed altogether. These layers are where most of the good stuff is found – fibre, vitamin E, B vitamins, healthy fats, iron, magnesium and zinc. All these essential nutrients help with children's digestion, growth and development, as well as provide long lasting energy to get them through the school day. Basically, they will feel fuller for longer.

WILL WHOLEGRAINS STILL SELL?

We know children are often drawn to the soft texture and sweet taste of white bread, pasta and rice, and that wholegrain varieties can be a little bitter or earthy and may sometimes be harder to chew. When introducing wholemeal bread or brown rice to the menu it may take students a few tries before they adjust and get used to the taste and texture of the dish. Try to stick with it as the school canteen is a great place to expose kids to the taste of wholegrain foods.



DISCOVER | LEARN | GROW

Try introducing wholegrains gradually in dishes where you would normally have used white varieties.

- If you are using rice for sushi or to make a fried rice, use a blend of white and brown rice. You could even throw in a handful of black or red rice for added texture and flavour.
- If you are making a pasta bake or spaghetti bolognese, use a blend of white and wholemeal pasta. When cooking and providing gluten free pasta options, remember to use products that contain brown rice or buckwheat instead of just white rice or corn varieties.
- When whipping up sandwiches and rolls for the day, use brown on the bottom and white on top. And when making cheesies or toasties that tend to walk out the door, don't be afraid to do a straight swap and only use wholemeal bread. They will still sell!
- When baking healthy fruit muffins or cakes, use a mix of wholemeal and white flours. If you are baking with gluten-free flour, be mindful that most popular gluten-free varieties are a mix of corn and white rice flour, which is the same as a white wheat flour option. Add fibre by adding some brown rice flour to the recipe as this has a mild flavour and won't affect the final product.

IDEAS FOR INCLUDING MORE WHOLEGRAINS ON THE MENU

It is recommended that children have four to five serves of grains each day. Here are a few ways you can serve more wholegrains in the canteen:

Breakfast – offer whole wheat cereal with milk and yoghurt, oat porridge with fruit, wholemeal toast topped with baked beans or egg and mushrooms.

Morning tea – offer muffins, cakes or pikelets using half or more wholemeal flour varieties (try our Choc Zucchini muffin), wholegrain crackers with cheese and vegemite, air popped popcorn.

Lunch – offer a range of healthy wholemeal sandwiches (use our sandwich builder for some inspo), wholemeal pasta bake, curry with brown rice, or fried rice using brown rice and quinoa.

CREAMY PASTA

Ingredients

125 g spiral or bowtie pasta wholemeal (3 cups cooked)**
 1 tbsp plain flour
 1 1/2 cups reduced-fat milk
 185 g can tuna in spring water, drained
 1 cup frozen peas
 1/2 cup basil leaves, roughly chopped
 1/2 cup low-fat cheese, grated
 Pepper

**variation for gluten-free option

For high fibre gluten-free pasta, choose buckwheat spirals or products that contain brown rice flour and swap out 1tbs plain flour for a gluten-free plain flour instead.

Method

1. Bring a saucepan full of water to the boil over medium heat
2. Add pasta, cover, cook for 12 minutes or until soft
3. Strain pasta, discarding water. Return pasta to the pan
4. Add the flour and mix to coat the pasta
5. Add the milk and bring to the boil
6. Reduce the heat and cook, stirring, until sauce thickens
7. Add the tuna, peas and basil. Cook for a further 2 minutes
8. Add the cheese and cook until cheese has melted
9. Season with pepper
10. Serve warm.



P&C News!

Our P&C AGM was held on Wed 15 February 2023. Your 2023 Executive Members are:

President Jemma Caldwell

Treasurer Rikki-Lee Reid

Secretary Kerry Lobb

Uniform Kerry Lobb

Our next meeting is being held on Wednesday 9th August @ 3.00pm in the Staff Room.

At our last meeting, held on 17 May, we discussed:

- the new changes to the Students Dress Code
- The Vision Statement
- Lunch fundraisers

We agreed to fund:

- \$1500 to help with the cost of new furniture
- Up to \$500 to offset a proposed camp for years 2-5 students

Our minutes can now be found on the brand new P&C page on the school's website.



LOST PROPERTY

If your child has some missing uniforms, please have them check the table of unclaimed items outside the classrooms.



WANTED

We are looking for donations of:

- Clean empty small drink bottles
- Small to medium boxes
- Wood offcuts (wood and branches)
- Retic pipe / poly pipe offcuts
- Empty 1kg Hummus / Yoghurt containers
- Bamboo garden stakes
- Tiles for mosaic
- Artificial flowers



Wandering Primary School Term Planner



Term 2 2023							Wandering	
	Monday	Tuesday	Wednesday	Thursday	Friday	SAT	SUN	
0	17	18	19	20	21	22	23	
1	24 Term 2 Commences ANZAC Service 9am	25 ANZAC Day	26	27	28	29	30	
2	1 May	2	3	4 Mothers Day Activities 10-11.30	5	6	7	
3	8	9	10 BIGGEST MORNING TEA 10am	11	12 	13	14	
4	15	16	17 2.30pm P&C Meeting 3.00 SC Meeting	18	19	20	21	
5	22	23	24 National Simultaneous Storytime	25	26	27	28	
6	29	30	31	1 June	2 	3	4	
7	5 WA Day	6 SDD	7	8	9	10	11	
8	12	13	14	15	16	17	18	
9	19	20	21  ASSEMBLY	22 WINTER CARNIVAL	23 	24	25	
10	26	27	28	29	30 STUDENTS RETURN TO SCHOOL MON 17 JULY 2023	1 July	2	
	3	4	5	6	7	8	9	

School Hours
8.45 am - 3.00pm
Monday, Tuesday, Wednesday & Friday
Early close Thursday @ 2.30pm

Positive Behaviour Support
Achievement / Integrity / Respect / Care





Wandering Primary School Term Two - 2023

Additional Information

This page has been added to assist families in the preparation of term events. As items are added to the planner an updated copy will be loaded to Connect for your reference.

24 April 2023 – ANZAC Day Service will be held at the school at 9am. All are welcome to join us for this service.

25 April 2023 – ANZAC Day public holiday. School Closed

4 May 2023 – Beginning at 10am Mother's Day activities will be conducted with mums, grandmothers, aunties or any other female family member / representative before morning tea is served. Event close at 11.30am. More information will be sent home when available.]

10 May 2023 – Student and staff have been invited to join the Crafters group for a Biggest Morning Tea fundraiser. Students are invited to bring a small donation to give at the morning tea (10am @ Wandering CRC)

11 May 2023 – Yealering CS will be joining us for Circus Incursion. Information regarding costs, times, etc. **Rescheduled**

17 May 2023 – P&C Meeting at 2.30pm All Welcome!

24 May 2023 – National Simultaneous Storytime. Students will attend this activity at the Wandering CRC.

5 June 2023 – WA Day Public Holiday. School Closed.

6 June 2023 – School Development Day. No Students attending school today.

22 June 2023 – Winter Carnival in Narrogin. More information to come as available.

30 June 2023 – Last day of Term 2.

17 July 2023 – Students return to school.