



Term 2 Week 3

2 May 2024

609 Drayton
Wellcamp Rd
Wellcamp

Toowoomba 4350

www.wellcampss.eq.edu.au

Ph 07 46986333

Student Absences

Ph. 4698 6366

School Watch

If you see any suspicious
activity at our school.

Ph 131788



Monday

Tuesday

Wednesday

8.00a.m. to 12 noon

Thursday

Friday

8.00a.m. to 3.00p.m



The wonderful
world of Wellcamp



Kym's Korner

Our senior students did a wonderful job running our ANZAC service last week, congratulations to them all. It was wonderful that so many families were able to come along.



Our P&C meeting is on next Monday, 13th May and we would love to see you there!

With the cold weather, winter uniforms are coming out of the closet. Please check to see if your child's uniforms are named so we can give them back if they get left behind. The uniform shop will be open Monday mornings if you wish to make a purchase or you can pay online and collect from the office.

Preps have now had one full term of school and we are trying to encourage some independence. Please ensure your children carry their own bags, are responsible for their hats and put their own homework folders into the boxes outside their rooms. We also encourage them to start putting their own notes into the boxes in the office. By doing these small things we show our kids they are capable and can be trusted. It will help build independence and problem solving skills. All other year levels should already be doing these things.

A note will be sent home this week asking for a \$50.00 non-refundable deposit for your child to go to camp. This year we are going to Jacobs Well Environmental Education Centre. If you need bank account details please contact the office during office hours or if you are struggling with finances to meet this deadline please come and see me. More details about the camp program, catering, activities etc will be sent home at the beginning of Term 3. Thank you,

Kym

HAPPY
Mother's
Day

Sunday 12 May 2024



JACOBS WELL
ENVIRONMENTAL
EDUCATION CENTRE

**\$50.00 Deposit now due
Thursday 16 May**

Year 2-6 Students

27—29 August 2024
2 Night Camp

Mother's
Day Stall

The P&C are running their annual Mothers Day Stall on Thursday, 9th May. All classes will be able to visit the stall to purchase gifts for their loved ones. Gifts will be for sale from \$1 to \$10 each. If you would like your child to buy from the stall, please send along some money with them in a sealed labelled envelope.

Congratulations

to our Star



Rori for working independently, showing initiative and creating a really cool superhero character!

Dustin for sparkling brightly and seamlessly adjusting to our new school environment.

Willoh for massive effort in her reading and writing this week.

Summer for always doing her best and asking some great questions during our visit to the show.

No Rad Readers in this issues ... Look for them in the next newsletter!

Guidance Chatter

Stress is something we all face in our daily lives. However, when our stress levels are too high it can affect our overall physical and mental health. There are many techniques that can reduce stress naturally like exercise; listening to music; breath work; yoga; prayer; meditation; spending time outdoors; massage; hot baths; socialising with friends; and reading.

Many ancient healing systems have shared beliefs about the energy of the body being important for curing ailments and illnesses. A technique used in Japan called Jin Shin Jyutsu, employs a method of using certain acupuncture points to relieve anxiety and stress. The idea is to hold each finger with all the fingers of the other hand wrapped gently around that finger for a few minutes until you feel a gentle pulse. The method only takes about 5 minutes to do. Each finger on our hand represents a different kind of emotion or feeling.

The Thumb helps fend off emotions of worry and anxiety.

The Index finger helps fight fears.

The Middle finger helps control feelings of rage and bitterness.

(this may explain the universally understood feeling of anger when raised).

The Ring finger aids in fighting melancholy and depressive feelings.

The Pinkie or Little finger helps relieve stress and boosts self-esteem.

Technique: The goal is to balance all the opposing energy forces in your body. Start this by taking one finger at a time, grasping it with the opposite hand and wrapping every finger around it. Hold each finger for one to two minutes. Wait until you feel the pulse. This is when you know it's working. Finally, to aid in relaxation, apply slight pressure to the centre of your palm with your opposite thumb and hold for at least one minute. According to Jin Shin Jyutsu, this practice will facilitate the flow of energy in the body, enabling us to function at our best.

**THIS ANCIENT
JAPANESE
TECHNIQUE
KILLS STRESS
IN 5 MINUTES!**



Melissa Pappin, Guidance Officer

Term 2 Date Claimers



Our parade notes are uploaded to the latest news section of our website each week—look for 'Wellcamp Whispers'

Friday 3 May	Book Club Orders Due
Monday 6 May	Labour Day Holiday
Thursday 9 May	Mother's Day Stall @ 1.30pm
Sunday 12 May	Mother's Day
Monday 13 May	P&C Meeting @ 3.15p.m.
Tuesday 14 May	Tuckshop Orders due 3pm
Thursday 16 May	Tuckshop Day
	Jacobs Well Camp Deposit Due
Friday 17 May	Pirate Day Fundraiser Come dressed as a pirate and put your money in the treasure chest in the office.
Tuesday 21 May	Under 8's Day @ Vale View Prep/Yr 1 Students only
Wednesday 22 May	Fire Ed — Prep Fire Truck Visit
Wednesday 29 May	Prep Vision Screening
Thursday 13 June	Interhouse Athletics Carnival
Wednesday 19 June	Cambooya Interschool Athletics

I'd like to recommend an article written by an occupational therapist about the silent tragedy affecting today's children and what to do about it. It discussed the steady increase in kids mental health issues.

What is wrong? Today's children are being deprived of the fundamentals of a healthy childhood, such as:

- Emotionally available parents
- Clearly defined limits and guidance
- Responsibilities
- Balanced nutrition and adequate sleep
- Movement and outdoors
- Creative play, social interaction, opportunities for unstructured times and boredom

How to fix it?

- Provide nutritious food and limit snacks.
- Spend one hour a day in green space: biking, hiking, fishing, watching birds/insects
- Have a daily technology-free family dinner.
- Play one board game a day.
- Involve your child in one chore a day (folding laundry, tidying up toys, hanging clothes, unpacking groceries, setting the table etc)
- Implement consistent sleep routine to ensure that your child gets lots of sleep in a technology-free bedroom

For the full article click the link below

https://yourot.com/parenting-club/2017/5/24/what-are-we-doing-to-our-children?utm_campaign=shareaholic&utm_medium=facebook&utm_source=socialnetwork

Remember: No Hat No Play



Library Days

Please remember to bring your library bag if you would like to borrow books!

Monday = Year 2-3
Tuesday = Year 1
Wednesday = Years 4&5
Thursday = Year 6
Friday = Prep

Email Contacts for Teachers

Zoe McCosker	zmcco33@eq.edu.au
Hailey Kath	hkath5@eq.edu.au
Kerryanne Richter	kricht288@eq.edu.au
Kym Stansbie	kstan1@eq.edu.au
Janelle Trenaman	jtren1@eq.edu.au



WEBER BROS ENTERTAINMENT PRESENTS

THE CIRCUS

QUEENS PARK

TOOWOOMBA

2ND MAY - 19TH MAY

ITICKET.COM.AU 0452 00 22 00



Thursday 16 May

Orders Due: 3.00p.m Tuesday 14 May

Breakfast Club



Held every Monday, Wednesday and Friday mornings from 8:15am.

School uniforms can be purchased from the Community Room on Monday mornings before parade.



P&C Meeting

Monday 13 May 2024

@ 3.15p.m — Community Room

All welcome! Please come along & have a say in how the P&C fundraises and supports your kids.
Childcare available.

Did you know...

We have wheelie bins at school (near the amenities block) to collect your unwanted papers, newspapers etc. These funds go to the P&C to help pay for end of year activities.



Tuckshop
Home Bake
Mars Bar Slice



Don't forget to like our Facebook and Instagram pages.

Mother's Day

P&C Gift Stall Thursday 9th May

All classes will be visiting the stall with their teachers on Thursday afternoon from 1.30pm and will have the opportunity to purchase gifts.

Gifts priced between \$1 and \$10. Sibling gifts will be kept at the stall so that those in the other classes can see what's already been purchased.

If you would like your child to purchase from the stall, please send money on the day in a sealed, named envelope (to be kept with classroom teacher). \$10 is the recommended amount per Mum or Mum-figure.



We've registered! Jump aboard!



Donate now by copying this link in your web browser.

<https://pirateday.com.au/wellcamp-state-school>



THE KIDS' CANCER PROJECT

PIRATE DAY - 17 May 2024



Orders Due: Friday 3 May