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## Principal's Pen

As we reach the end of term one 2020, a term that has certainly had its challenges and will I am sure, be remembered as one the most unusual periods in history. I would like to take the opportunity to thank everyone who sent in their best wishes and thanks for the collection of suggested home activities and web sites that the school provided.

Next term will also provide us with challenges as we commence presenting to students via a work package. We have decided to go for this option rather than an online option as many of our students are unable to easily access on line learning for many different reasons. The work packages will contain an English and Mathematics component that we require all students to complete and return to us weekly. There will also be optional work for each day which may be of assistance to parents to keep their children actively and artistically engaged. Students of parents who are working, living with elderly relatives or are in an at risk situation are welcome to attend school, where they will be supervised to complete their work package.

All parents should have received a phone call from your child's teacher informing you of the process for term two. The information is also available on Facebook and the School App. Please be assured that we are all contactable every day should there be any problems or issues. Teachers will throughout term two, endeavour to maintain regular contact with all students either by email, phone or both as it is so important that we all stay connected.

On Tuesday 28 April between 9:00am and 11:00am we will have the school gate next to the Kitchen Garden open for easy access to the undercover area where we will have tables set up with the week one work packages. When you arrive please ensure that you exercise social distancing. This will be the ongoing process whilst this situation continues, for every Monday when you can drop off the finished package and pick up the next week's package for your children.

Please let us know if there are any issues. We are venturing in to unknown territory and therefore there may be many initial problems that we need to overcome.

Finally, on behalf of myself and the staff I would like to wish all of our students, parents and caregivers a very Happy Easter. Please keep yourselves safe and exercise social distancing whenever possible so that life can return to normal and we can all resume lessons in school.

I look forward to touching base with you all again on Tuesday 28 April.

Regards, Elizabeth Wildish  
Principal



Wishing our  
students, parents  
and families a  
lovely Easter.

## Home Learning Information

### Home Learning Collection details

Each week the packages of learning must be collected by a Parent or Carer.

#### For our TRPS metro students:

**Mondays in the Undercover Area between 9am and 11am.**

#### For our TRPS country students:

**Mondays at Sovereign Hill House between 8am and 9am.**



Please only send **ONE** family representative with **NO** children. Social distancing measures apply. Once completed, each package will be sent home marked with feedback to help further your child's learning.

PLEASE  
NOTE

Term 2 - Week 1  
collections will be on  
**TUESDAY 28 April**  
due to Anzac Day  
Public Holiday.

## SOUND WAVES

Soundwaves is the spelling program we use at Two Rocks Primary School. Students can access the digital resources which reinforce the sounds and words that we are learning in the classroom. On the website, children can access interactive spelling games, list words and extension words, segmenting tools, sound boxes, pronunciation and chant videos, spelling rules and definitions plus much more. Students enter our classroom code at [www.soundwaveskids.com.au](http://www.soundwaveskids.com.au)

### Classroom Codes

Soundwaves PP Online	near919
Soundwaves 1 Online	talk054
Soundwaves 2 Online	fish630
Soundwaves 3 Online	pull373
Soundwaves 4 Online	spin124
Soundwaves 5 Online	slug186
Soundwaves 6 Online	them917

## WORLD BOOK ONLINE

Two Rocks Primary School has purchased a subscription to World Books Online that students can use at home and at school. World Books is a comprehensive encyclopaedia that covers a vast number of subject areas and is accessible for students as young as 4. The website link is [www.worldbooksonline.com](http://www.worldbooksonline.com)

**Username: *tworocksp***

**Password: *password1***

Wishing you an  
**eggcellent**  
Easter!



## WASH YOUR HANDS



1 WET HANDS



2 SOAP



3 WASH FOR 20 SECONDS



4 RINSE



5 DRY



6 TURN OFF WATER  
WITH PAPER TOWEL

## Messages from our Staff

### Kindy

We would like to wish all students and caregivers a happy Easter and hope that the Easter Bunny brings you lots of delicious eggs. We are all missing you very much and hope that you have a wonderful holiday break.

### Pre-Primary

Thank you all for your support and understanding during this unique time. We are incredibly proud of the calm and sensible approach your children have taken towards this ever-changing situation and we have been so lucky to see their smiles as they arrive to school over the past few weeks. We also want to say a big hello to our students who have been or are now at home doing their best to 'flatten the curve'. We want to let you know that we miss you all very much and that we are counting down the days to when we can all return safely to Pre-Primary to continue our learning journey together. However at the moment we all want you and your families to stay safe and healthy. Here are some photos to remind us of all the fun we have at school. Happy Easter!



### Year One

In one of our last lessons with all the students here, we learnt about anti-bullying for Bullying No Way Day. The students did a wrinkling heart activity where we spoke about words that hurt others. Things are looking very different in our classroom without all of our Year 1 students. We hope you have a happy Easter with your family. Stay safe and we look forward to seeing you all when we return back to normal. Lots of Love Mrs Terrazas, Mrs Hill and Mrs Dodds.



### Year Two

Happy Easter and Happy Holidays Year Two! We miss you and hope you are staying safe. From Mr Mercer, Miss Mott and Mrs Potts.

### Year Three

Hello Year Threes. We are all missing your smiling faces! We have been busy getting your learning packs ready for next term and cleaning the room for when you get back. Don't forget to use your Studyladder, Prodigy and Literacy Planet accounts for your online activities. We have been making phone calls this week to let your mums and dads know what is happening with your work packs next term. It has been really good to talk to them and when we've been lucky to talk to you, even better! We are all looking forward to seeing you back at school soon! Happy Easter! Miss Chippendale, Miss Wright, Mr Bridgeman and Mrs Brown.

### Year Four

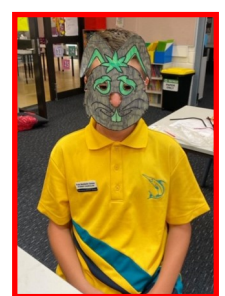
We hope you all stay safe and enjoy your Easter break. Ms Scholte, Mr Le Lievre and Miss Murray would like to thank you all for your efforts this term. We look forward to working with you next term.

### Year Five

We are missing you all very much and hope you are doing well at home. Have a great Easter and enjoy your holidays. We look forward to hearing about what you have been up to next term. From Miss Canning, Miss Wildish, Mr Schweda and Mrs Baldwin-Jones.

### Year Six

Let's start with the most important message, of how much we miss you all! We hope you are all safe and well. We can't wait to hear what you have been up to when you return to school. Enjoy your Easter and the school holidays. From Mrs Bell, Miss Stokes and Miss Dossett.



## Around the School

### Chinese



In Week 7, all students from Pre-Primary to Year 6 had a cooking lesson on making Roti Canai, a type of crispy pulled bread that is one of the favourite food among many South East Asian people. Roti Canai is the perfect accompaniment to saucy dishes such as curry. The recipe has been shared on the TRPS Facebook page. Please contact me on [shu-chuan.croker@education.wa.edu.au](mailto:shu-chuan.croker@education.wa.edu.au) if you would like to have a paper copy.



If you do try it at home, please feel free to share with me your success stories and photos. I look forward to hearing about your food adventure. I am missing all of the students. Your energy in the classroom is what made my day interesting and enjoyable. Please stay safe and I look forward to seeing you all happy and healthy when you return.



### Music

Our students have combined their musical talents and the serenity of nature to facilitate a mental break from the outside world. All students at school have been having their music lessons out in the fresh air of the beautiful Two Rocks Kitchen Garden to serenade the plants and to just relax, sit back and enjoy the small pleasures of life, music and nature.



Students loved making their own melodies on either the ukuleles or the glockenspiels by the shade of some gum trees and vegies.



People passing by have commented on how relaxing and beautiful the ukuleles have sounded coming from the garden. Here are pictures of the Year Five class letting their musical inspiration take over.



### Staff Contact Details

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<b>Pre-primary</b>	<a href="mailto:Sandra.Regts@education.wa.edu.au">Sandra.Regts@education.wa.edu.au</a>	<a href="mailto:kerry-lynn.joubert@education.wa.edu.au">kerry-lynn.joubert@education.wa.edu.au</a>	<a href="mailto:ciara.hawk@education.wa.edu.au">ciara.hawk@education.wa.edu.au</a>
<b>Year 1</b>	<a href="mailto:michelle.dodds@education.wa.edu.au">michelle.dodds@education.wa.edu.au</a>	<a href="mailto:mariana.terrazas@education.wa.edu.au">mariana.terrazas@education.wa.edu.au</a>	<a href="mailto:kylie.hill@education.wa.edu.au">kylie.hill@education.wa.edu.au</a>
<b>Year 2</b>	<a href="mailto:Andrew.Mercer@education.wa.edu.au">Andrew.Mercer@education.wa.edu.au</a>	<a href="mailto:Heather.Mott3@education.wa.edu.au">Heather.Mott3@education.wa.edu.au</a>	<a href="mailto:ashleigh.potts@education.wa.edu.au">ashleigh.potts@education.wa.edu.au</a>
<b>Year 3</b>	<a href="mailto:Nathan.Bridgeman@education.wa.edu.au">Nathan.Bridgeman@education.wa.edu.au</a>	<a href="mailto:Samantha.Wright@education.wa.edu.au">Samantha.Wright@education.wa.edu.au</a>	<a href="mailto:bethany.chippendale@education.wa.edu.au">bethany.chippendale@education.wa.edu.au</a>
<b>Year 4</b>	<a href="mailto:jodie.scholte@education.wa.edu.au">jodie.scholte@education.wa.edu.au</a>	<a href="mailto:Owen.LeLievre@education.wa.edu.au">Owen.LeLievre@education.wa.edu.au</a>	
<b>Year 5</b>	<a href="mailto:Harriet.Canning@education.wa.edu.au">Harriet.Canning@education.wa.edu.au</a>	<a href="mailto:Kimberley.Wildish@education.wa.edu.au">Kimberley.Wildish@education.wa.edu.au</a>	
<b>Year 6</b>	<a href="mailto:Tanya.Bell@education.wa.edu.au">Tanya.Bell@education.wa.edu.au</a>	<a href="mailto:Lauren.Stokes@education.wa.edu.au">Lauren.Stokes@education.wa.edu.au</a>	



Please find some helpful links that may be of use:



<https://beyou.edu.au/resources/tools-and-guides/wellbeing-tools-for-you>

<https://www.sane.org/information-stories/facts-and-guides/mindfulness>

**SANE AUSTRALIA**



<https://www.smilingmind.com.au/mindfulness/>



<https://www.peacefulkids.com.au/meditations.html>

Stay **S.M.A.R.T.** Online

**S**AFE: Keep all your personal information safe

**M**EET: Don't MEET any strangers you've talked to online.

**T**ELL: A responsible adult if you feel anxious.

**A**CCCEPT: Think before you ACCEPT anything online.

**R**ELIABLE: Not everyone is RELIABLE. Not everyone is who they seem to be.



**COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND**



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

- |   |  |   |   |   |   |  |  |
|---|--|---|---|---|---|--|--|
| <b>1</b> Make a plan to help you keep calm and stay in contact          | <b>2</b> Enjoy washing your hands. Remember all they do for you!         | <b>3</b> Write down ten things you feel grateful for in life and why  | <b>4</b> Stay hydrated, eat healthy food and boost your immune system   | <b>5</b> Get active. Even if you're stuck indoors, move & stretch | <b>6</b> Contact a neighbour or friend and offer to help them     | <b>7</b> Share what you are feeling and be willing to ask for help   |  |
| <b>8</b> Take five minutes to sit still and breathe. Repeat regularly   | <b>9</b> Call a loved one to catch up and really listen to them          | <b>10</b> Get good sleep. No screens before bed or when waking up   | <b>11</b> Notice five things that are beautiful in the world around you | <b>12</b> Immerse yourself in a new book, TV show or podcast      | <b>13</b> Respond positively to everyone you interact with        | <b>14</b> Play a game that you enjoyed when you were younger         |  |
| <b>15</b> Make some progress on a project that matters to you           | <b>16</b> Rediscover your favourite music that really lifts your spirits | <b>17</b> Learn something new or do something creative  | <b>18</b> Find a fun way to do an extra 15 minutes of physical activity | <b>19</b> Do three acts of kindness to help others, however small | <b>20</b> Make time for self-care. Do something kind for yourself | <b>21</b> Send a letter or message to someone you can't be with      |  |
| <b>22</b> Find positive stories in the news and share these with others | <b>23</b> Have a tech-free day. Stop scrolling and turn off the news     | <b>24</b> Put your worries into perspective and try to let them go  | <b>25</b> Look for the good in others and notice their strengths        | <b>26</b> Take a small step towards an important goal             | <b>27</b> Thank three people you're grateful to and tell them why | <b>28</b> Make a plan to meet up with others again later in the year |  |
| <b>29</b> Connect with nature. Breathe and notice life continuing       | <b>30</b> Remember that all feelings and situations pass in time         | <p>📖 <b>“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl</b></p> |   |   |   |  |  |

**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)