



Atlantis Beach Baptist College

TWO ROCKS WESTERN AUSTRALIA

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Term Dates 2020

Term 1
29 January—9 April

Term 2
28 April—2 July

Term 3
27 July—24 September

Term 4
13 October—11 December

Administration

Lisa Potgieter
Principal

Brendon Donaldson
Business Manager

Nicola Moores
Office Manager

MESSAGE FROM THE PRINCIPAL

Dear Students, Families and Friends of the College

Please know that the College staff are available for support through this uncertain journey we are all currently mapping out. Keep yourself and your loved ones safe from harm by strictly adhering to all the regulations set out by the authorities. We all look forward to better days when life settles back to a calm predictable routine.

Promise Yourself

- Promise yourself to be so strong that nothing can disturb your peace of mind.
- To talk health, happiness, and prosperity to every person you meet.
- To make all your friends feel like there is something in them.
- To look at the sunny side of everything and make your optimism come true.
- To think only of the best, to work only for the best, and expect only the best.
- To be just as enthusiastic about the success of others as you are about your own.
- To forget the mistakes of the past and press on the greater achievements of the future.
- To wear a cheerful countenance at all times and give every living person you meet a smile.
- To give so much time to the improvement of yourself that you have no time to criticize others.
- To be too large for worry, too noble for anger, and too strong for fear, and to happy to permit the presence of trouble.

- The Optimist Creed from
The Optimist International

Lisa Potgieter
College Principal



Germs away!



In Kindy we have been making sure that we are keeping those nasty *GERMS* away!

To do that we have been learning about the correct way to wash our hands—making sure we cover our whole hand in soap.

To help us see how to do that, we used some paint and our imaginations! We pretended the paint was our 'soap' so that we could see just where we were rubbing it. We wanted to make sure we didn't miss any part of our hands where germs could hide.

We did a super job!



We count on our mathskills!

The year 1&2 students have been reading and representing two and three digit numbers. We enjoyed using the multibase arithmetic blocks to consolidate our learning in a hands on way.



A burst of colour to brighten the day



'God is our safe place and our strength in times of trouble' Psalm 46: 1-3



ZOO MANIA

On Wednesday 11th of March, the Year 3 class went on an excursion to Perth Zoo. This excursion was to support their learning of living and non-living things, and the classifying of animals in Science.

We began our excursion by hopping on the bus straight after the first siren to begin our commute to Perth Zoo. Once we arrived, we were welcomed by Perth Zoo staff and went into our presentation called 'Who am I'.

In this fun and interactive experience students discovered the identity of a mystery creature by comparing animal groups and their distinguishable features. This supported students in their understanding of classification, which in turn gave students a better appreciation of biodiversity within animal groups. Throughout the presentation, students also had the opportunity to hold a live python snake, touch a real cheetah's fur and sort a variety of shed reptile skins.

After our presentation, we spent the rest of the day exploring the zoo and observing all the different animals and their distinguishable features. Some of the animals we saw included: elephants, giraffes, tortoises, red pandas and many more!
Overall the students had a fantastic and memorable day. We would also like to say a big special thank you to our parent helpers who attended the excursion and were a big help.



Can you spot the wild animal?



Buckle up!



On the 9th March the Year 4 students participated in the RAC Road Safety Incursion. The aim was to discover if car seatbelts keep passengers and drivers safe. Year 4 student's designed and created their own functional egg crash car, which they tested by rolling them down a ramp. Last week, Year 4 carried out a science experiment which investigated the absorptive properties of various materials. Students discovered the properties of absorptive materials can be measured by how much liquid they can absorb.

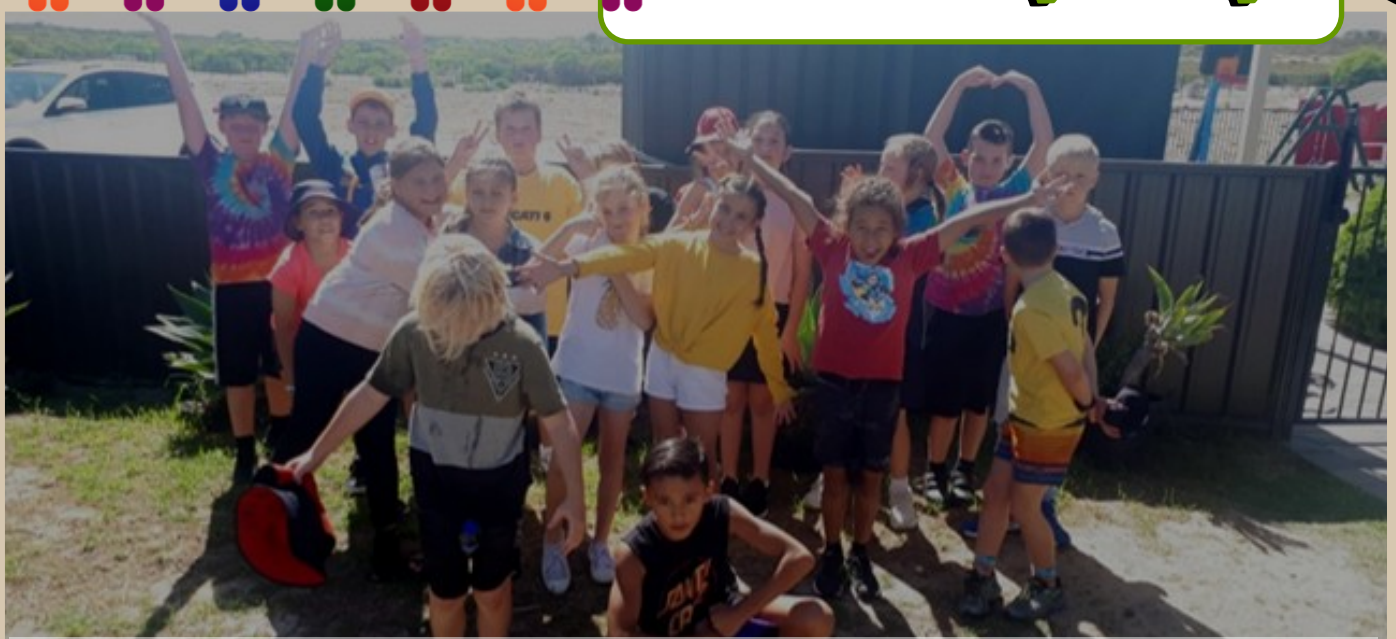


Blubber me

Our year 5 scientists were at it again, experimenting with the concept of adaptation. First we looked at how animals such as polar bears have additional layers of fat, this adaptation assists them to stay warm in the freezing climates. Students were then asked to test this idea by comparing how adding additional layers helps to insulate against different temperatures.



Harmony Day



We were a sea of orange, red and yellow on Harmony Day supporting the great cause of unity and acceptance.

Meet our budding artists

In Visual Arts the year 3 and 4 students have made their own upcycled weather resistant sculptures, following the theme of the 2020 Sculptures by the Sea. The students voted on each other's pieces based on overall design and meeting the brief for the task.



**Year 3 winner
Lachlan
Findlay**



**Year 4 winner
Jezzabella
Allison**



SECONDARY STUDENTS

Stepping into ART

On 10th March 2020 the secondary students attended the annual Sculpture by the Sea exhibition at Cottesloe Beach. The long bus drive was worth the journey to see the amazing array of sculptures in such a beautiful setting. The students completed an activity as they explored regarding different types of sculpture and how they responded to them. There was an amazing array of materials used, and even some soundscapes incorporated into the sculptures through speakers.



Some sculptures were interactive. Students were able to touch, feel and climb on them. They enjoyed a giant funnel spider web that they could walk through. Three large carved virus cells caused some excitement in the current climate.





GOLF CLUB

That's just how we roll...

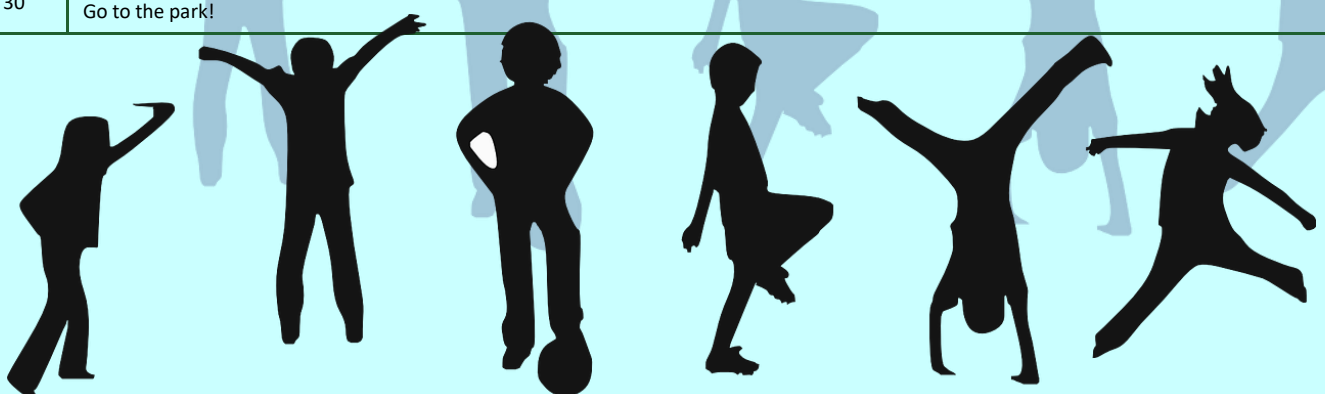
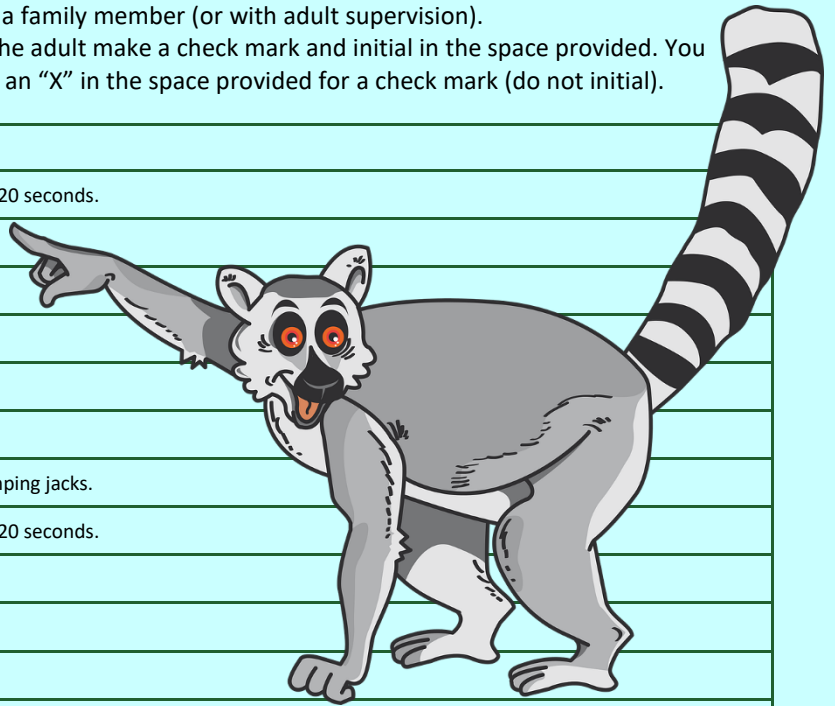


Let's move it, move it

This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

Directions: After a student completes a day's activity, the adult make a check mark and initial in the space provided. You can miss one day activity per week. If this happens, put an "X" in the space provided for a check mark (do not initial).

Day	Activity
1	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
2	Play with a friend.
3	Do as many curl-ups as you can.
4	Take 64 imaginary jump shots.
5	Say your math facts while doing reverse lunges.
6	Take a walk.
7	Kids should be active sixty minutes EVERY day! Do 60 jumping jacks.
8	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
9	Play a game that is active. You decide what that is.
10	Do as many trunk-lifts as you can.
11	Take 32 imaginary dunks and 16 cross-over dribbles.
12	Do push-up shoulder taps while reciting your spelling words or the alphabet
13	Take a walk.
14	Run in place and name 3 reasons why you will never smoke or use tobacco.
15	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
16	Take a hike.
17	Do as many squats as you can.
18	Take 8 pretend chest passes and 4 imaginary foul shots.
19	Perform squat-jumps while naming the continents.
20	Take a walk.
21	How many food groups are there? Do 5 plank-jacks.
22	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
23	Play outside.
24	Do as many push-ups as you can.
25	Take 2 laps around a pretend court and 1 giant star-jump!
26	Read a book while doing a wall sit.
27	Take a walk.
28	About how many glasses of water should you drink each day? Do 8 burpees.
29	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
30	Go to the park!



Create a healthier lifestyle!

During this period of the COVID-19 pandemic, it is easy to become a bit too familiar with the couch, eating food that we would not normally have during the day. This calendar will help us focus on creating healthier eating habits that will encourage a better lifestyle.

Always get adult permission before doing any activity.



Day	Activity
1	Swop a glass of juice for a fruit. It has more fiber and less kilojoules.
2	Make sure you have at least 2 fruit daily. Vitamins build your immune system.
3	Swop your regular bag of crisps for a cut up apple and peanut/nut butter.
4	Try to drink 8 glasses of water.
5	Make a green smoothie for breakfast (Search 'green smoothie' to find a recipe).
6	Don't have seconds!
7	Try out a vegetable you normally would refuse to eat.
8	Food for thought: Share your favourite healthy recipe with a friend.
9	Make a home-made healthy snack: Protein balls, breakfast bars, etc.
10	Make a smoothie with berries: High in anti-oxidants and fights illnesses.
11	Swop your couch for a nice walk outside.
12	When you feel like a sweet, reach out for a handful of almonds (+- 8).
13	Try to eat 5 different types of vegetables today.
14	Motivate a friend to do this challenge with you.
15	Start today with a nutritious breakfast: It will give you energy for the day.
16	Set the table for dinner. Ask everyone to put their mobile phones away.
17	Try to eat only when you are hungry, and not because you are bored.
18	Get your family members to join you for a 4-5 km walk after 5pm. Remember to hydrate!
19	Have a meatless Monday. You can still add protein in your day by eating nuts, oats, chickpeas, green peas, broccoli, spinach etc.
20	Make a coffee at home instead of a take-away. You will be surprised to know an average take away flat white, no sugar contains 120 Calories and 7 grams of fat!
21	Instead of your regular white spaghetti meal, create zucchini noodles by cutting them in strips and blanching them. It's packed full of vitamins.
22	Craving salty crisps? Make some homemade popcorn with a dash of salt. It has less calories, less salt and less fat.
23	Take your family outdoors for a game of tennis or footy. Remember to take a water bottle with you.
24	Swop regular white rice with cauliflower rice. If you have a rich dish like curry, you would not know the difference as cauliflower takes on flavourings from the dish.
25	Make a vitamin C-rich smoothie with the following ingredients: 1 Orange, 1 carrot, 1 apple, 1t honey and 125ml water. Blend together (strain if you don't like bits)
26	Swop all refined food for wholegrain. It will keep you fuller for longer.
27	Buy yourself a healthy recipe book and use 1 recipe a week to change your lifestyle.
28	Put your snacks on a plate instead of eating from the package. This helps you control how much you eat.
29	Don't skip or delay meals, and be sure to schedule your snacks. If you ignore your feelings of hunger, you may end up eating too much or choosing an unhealthy snack.
30	Eat your meals with others when you can. Relax and enjoy your meals, and don't eat too fast.



The ABC's of Virtual Learning

A is for: AVOID ACRONYMS

You may feel comfortable using LOL and TTYL, but it may cause confusion. Write properly and check your spelling along the way!

B is for BREVITY

When we learn in a virtual world, we need to keep our replies short and on-topic.

C is for COURTESY

Good manners are important in virtual classrooms too.

Use your real names.

Raise your hand by using your mute button. Your microphone should be on mute, when you want to talk, let your teacher know by 'unmuting.' When you've finished speaking, press your mute button again.

Don't forget your 'please' and thank you's"

Always be respectful, even if you disagree.

Avoid using all caps; that is considered shouting.

D is for DITCH DISTRACTIONS

Please make sure there are nothing that will distract you from your learning session. Please turn off the TV, pack away the games and have your mobile in a place where you will not be tempted to check messages during class time.

E is for EARLY

Have a bathroom break BEFORE we start. Be a few minutes early to class; get yourself set up with all your materials, including your water bottle and be ready for your video call with your teacher.

F is for FOCUS

Stay tuned into class. Your teacher cannot see you, but you can see your teacher. Do not have side chats with your friends. Your teacher has very carefully prepared all the work you are doing so that you are still able to achieve the outcomes the School Curriculum Authority has set for you.

Online Study

STUDYING FROM HOME

From the School Counsellor

ROUTINE

Sticking to the norm!

How cool is it to be at home? VERY!
Struggling to stay School motivated?
Try sticking to your school routine as if you were still going to school!

CLASSROOM

Create a classroom at home!

Create a space at home specifically for School!
Maybe you can work at your study desk, the kitchen table or dining room table?

Try picking a space removed from sneaky distractions.

HOBBIES

Staying home could get boring, pick a hobby!

We may not be participating in many sports, hanging out with friends or going down to the skate park...
Pick a cool hobby you can do from home
Learn Sign Language, Calligraphy, Guitar, Write a story or song, sort photos, study a cool topic... GO CRAZY with your HOBBY!

BE KIND

This is new to everyone, be kind to yourself

We may not like change, but have to adapt...
This means that some days may be easy, others not so much.

Be patient with yourself (students and parents)...
YOU GOT THIS!





**Zipping up
Term 1...**



Who knew that term 1 would end on such an unusual note with social distancing, isolation and online learning?

However, we would like to thank our staff, parents and students for their determination, hard work and patience during this process. As we look back at the highlights of the term, we begin to appreciate those happy moments with our classmates. Take time to stay connected with one another through phone and social media.

Rest well during the Easter break and enjoy quality family time. If we continue to do all the right things by practicing good hygiene and social distancing, life will hopefully return to normal soon. We can't wait to fill our classrooms with happy laughter and hands-on learning. In the meantime, be sure to stay safe. Happy holiday at home!

HAPPY EASTER

**John 3:16(NIV)
For God so loved the
world that he gave
his one and only
Son, that whoever
believes in him
shall not perish but
have eternal life.**

