

Atlantis Beach Baptist College

TWO ROCKS WESTERN AUSTRALIA

College Details

Breakwater Drive

Two Rocks WA 6037

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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

Charlene van Wyk

Dean of Students

Nicola Moores

Office Manager

MESSAGE FROM THE PRINCIPAL

Dear Students, Families and Friends of the College

The stories we are able to tell about the events of the past couple of months will probably fill volumes. Allow me to share my reflection.

You may be familiar with the optimistic outlook of the “glass half-full”. Chuck Swindoll, author, educator, and radio preacher once said, “We are all faced with a series of great opportunities brilliantly disguised as impossible situations.” The COVID-19 pandemic could, in many ways be classified as an impossible situation; however, if we allow the ‘College of Corona’ to teach us a few things about our lives and relationships, our cups will overflow.

When quarantine began at the end of Term 1, the reality set in that a few major adjustments had to be made. *Social distancing* and *online learning* became the buzzwords of the day. It did not only change our routines but also our perspectives. Looking back, we can agree that we were impacted in big and small ways. There are major indicators showing an improvement in people’s general health and hygiene. Furthermore, it lowered food waste and carbon emissions.

The impact on our personal lives seems to be even more significant. We were reminded of the importance of relationships and the power of connection. We learnt to appreciate one another and cherish the moments we enjoy together. We discovered how to live in the moment because the future was unknown. An increased community spirit emerged as people united in the crisis and also reached out to the vulnerable. When the students returned to school at the start of Term 2, many teachers noticed a newfound enthusiasm in the classroom and a heightened value on friendships.

As relational beings, we are undoubtedly better together. I have noticed strength and resilience in people around me. With this clearer vision and new appreciation for what is truly important in life, I want us to consider the words of Eleanor Roosevelt: “We gain strength, and courage, and confidence by each experience in which we really stop to look fear in the face...we must do that which we think we cannot.”

Lisa Potgieter
Principal



It's fun being back in our Kindy class

We have had a wonderful time being back together! We settled right back into the swing of things and had the best time together with our friends!

We have been learning about the letter 's' and we made some snakes!

In Maths we learnt about repeating patterns and decorated our scarves using different coloured squares to make our very own repeating pattern.



Who are you going to call?

Pre Primary



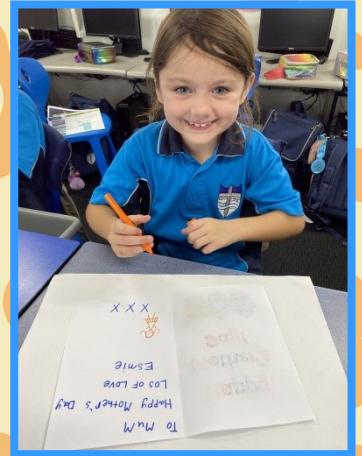
We have an exciting new theme this term! We are learning all about the helpers in our community! In week 1, we had so much fun dressing up as firemen, doctors, nurses and policemen.



To Mum With love

Year 1&2

The year 1 and 2 students have been preparing special items for Mother's Day. The students were excited to express their love in a creative way and add a dash of colour to mum's day!



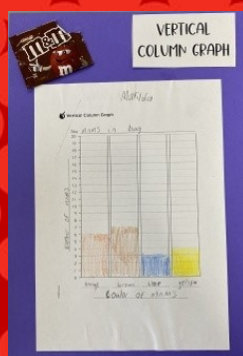
Better together!

Welcome back
Year 3

We have had a busy start to term 2 in Year 3! We started off week one by learning about our brave ANZAC soldiers and the history of the battle at Gallipoli. Students paid their respects by making poppies in remembrance of our fallen soldiers and took time to share things they were grateful for in their lives.



In Mathematics, students have been learning about column graphs. Students had the opportunity to be 'MnM Quality and control inspectors' and investigate the number of different coloured 'MnMs' found in a mini packet. For this task students first needed to collect and tally their data before then presenting their data on a Vertical Column Graph. Lastly, students needed to do the very important job of doing a 'quality test' to ensure each 'MnM' colour tasted the same.



We have also launched our classroom community jobs. Each week students are designated a job to help our classroom run more efficiently. Some roles include books organiser, office manager, computer monitor, cleaners and more! Through this initiative, students are learning the importance of social responsibility and working together as a team. This has been a great success amongst students thus far, and they are enjoying their new roles.



Year 5 students are a force to be reckoned with!



We are all getting back into the swing of things in Year 5 for Term 2. The force was with us on May 4th. Then a different weather force was with us on the 5th and 6th. High winds did not stop us from heading outdoors for fitness with Mr Menlove and getting stuck into our science experiments outdoors.



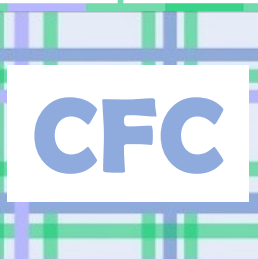
Cooking up a storm

The Year 8 and 9 students are looking into World War I in History. Students had to create something a family would have sent to their loved ones who were far away during the war. Anzac Cookies were baked to commemorate that idea. The Year 8 students are focusing on the Medieval period. Students made a dish that was used for celebrations, festivals, weddings and special occasions. Epfelbolsters, translated as Apple fritters were traditionally made with lard or fat but we used oil to fry the fritters.



Creating healthy communities

In Children, Families and Communities, students are busy researching and investigating learning through play. They focus on newborns to children aged seven and their development of gross and fine motor skills. Students got the opportunity to observe 5 year olds to see how they react, communicate and use activities to develop their learning. Every week students then create an activity and observe how younger students interact with it. So far, they have made play dough and used different weaving techniques. In the near future, they will be looking at bubble painting and rain makers.



Fitness and well being calendar

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, an adult should make a check mark and initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an "X" in the space provided for a check mark (do not initial). Always get adult permission before doing.

Day	Activity
1	Spring into Action: Find someone to do 20 jumping jacks with you.
2	Say your math facts while doing reverse lunges.
3	Take a walk.
4	Did you know a soft drink(soda) has ~39 grams of sugar? Do 39 mountain climbers.
5	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
6	Help a neighbour or friend with some spring cleaning!
7	Do as many trunk-lifts as you can.
8	Spring into Action: Find 2 people. Do 30 jumping jacks together.
9	Do push-up shoulder taps while reciting your spelling words.
10	Take a walk.
11	Did you know ice cream has ~13 grams of fat? Do 13 squat thrusts.
12	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
13	Using an old container, gather soil and plant flowers seeds.
14	Do as many squats as you can.
15	Spring into Action: Find 3 people. Do 40 jumping jacks together.
16	Perform squat-jumps while naming the continents.
17	Take a walk.
18	Did you know donuts have ~280 calories? Jog in place for a 280 count.
19	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
20	Get 60 minutes of MVPA (moderate to vigorous physical activity). You choose how!
21	Do as many push-ups as you can.
22	Spring into Action: Find 4 people. Do 50 jumping jacks together.
23	Read a book while doing a wall sit.
24	Take a walk.
25	Did you know hot dogs have ~530 mg of sodium? Raise the roof 530 times!
26	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
27	Invent a game and try it out!
28	Do as many curl-ups as you can.
29	Spring into Action: Find 5 people! Do 60 jumping jacks together.
30	Spring into Action: Find someone to do 20 jumping jacks with you.
31	Go play a sport or go for a swim, have a healthy picnic in the park.

INTERNATIONAL

STAR WARS

DAY

4TH MAY

OPENING SCENE



MAY THE FOURTH BE WITH YOU



YODA



ANAKIN



A REBEL
PRINCESS LEIA
YODA



A STORM TROOPER
DARTH VADER
REY



THE THREE REYS



THE RESISTANCE



DARTH VADER
A DROID
REY

THANK YOU

STAR WARS DAY 2020 WAS CELEBRATED BY RAISING MONEY FOR HEADSPACE.

HEADSPACE IS AN AMAZING ORGANISATION FOCUSING ON THE MENTAL WELLBEING OF YOUNG PEOPLE AGED 12-25.

THEY OFFER COUNSELLING HELP FOR ANXIETY, DEPRESSION, BULLYING, LIFE STRESSES AND ANYTHING ELSE OUR YOUNG PEOPLE MAY BE STRUGGLING WITH.

FIND THEM AT WWW.HEADSPACE.ORG.AU

WE RAISED \$110 FOR HEADSPACE

DIY kinetic sand

HELLO FROM THE SCHOOL COUNSELLOR

what you will need

- 1 CUP PLAY SAND (OR SEA SAND)
- 1/2 TBSP CORN STARCH
- 1 TSP DISH WASHING LIQUID
- 1 CUP WATER
- FOOD COLOURING FOR COLOUR

mixing kinetic sand

1. START MIXING YOUR SAND & CORN STARCH IN A BOWL.
2. IN A DIFFERENT BOWL MIX THE WATER AND DISH WASHING LIQUID - STIR UNTIL THE WATER BECOMES BUBBLY.
3. **SLOWLY** START ADDING THE BUBBLY WATER INTO THE SAND AS YOU MIX.
4. KEEP MIXING AND ADDING WATER TO THE SAND UNTIL IT STARTS CLUMPING
5. WHEN YOU ARE HAPPY WITH WHAT IT LOOKS LIKE AND FEELS LIKE AND AND PLAYS LIKE KINETIC SAND!
6. IF YOU WANT TO ADD SOME COLOUR, ADD A FEW DROPS OF FOOD COLOURING TO YOUR SAND

storing your kinetic sand

KEEP YOUR SAND IN A ZIP LOCKED BAG OR AIRTIGHT CONTAINER TO SAVE IT FOR LATER

IF YOUR SAND HAS DRIED OUT, ADD SOME MORE SOAPY WATER!

Have fun, Mrs Priddy

Congratulations and Thank you

The College would like to congratulate Mrs Charlene van Wyk in her newly appointed role as Dean of Students for both the Primary and Secondary cohorts. We thank Mrs Tanya Godwich for her selfless service and wonderful contribution to the student and college life. Mrs Godwich served as Secondary Coordinator during Term 1 and most of Term 2.

Parents are encouraged to contact Mrs van Wyk on

Charlene.vanwyk@abbc.wa.edu.au or 9544 3000.



NOTICE BOARD

29 May 2020—PUPIL FREE DAY

1 JUNE 2020—WESTERN AUSTRALIA DAY

Public holiday

Solo Selfie Challenge

Mrs Tichborne bravely challenges other parents to run the hill behind the college and post a selfie for the “Hill of Desolation#NOSURVIVORS “



Mathematics and science primers for primary and secondary school students

For age 10 years and above



Murdoch
UNIVERSITY

Chemistry Primer

Thursdays, 4.30pm - 6.30pm

Students are introduced to problem solving and when older are able to study the Open University Australia subject Introduction to Chemistry. Students also have the opportunity to train for the Australian Science Olympiads Examination for Chemistry.

media.murdoch.edu.au/chemistry-pupils-make-top-21-in-australia

media.murdoch.edu.au/bright-minds-bound-for-russia

media.murdoch.edu.au/chemistry-success-an-olympic-feat

Cost: \$199/student/term

Mathematics Primer

Fridays, 4.30pm - 6.30pm

Students consolidate their Arithmetic and are introduced to Algebra, Geometry and Trigonometry.

Cost: \$199/student/term

Physics Primer

Mondays, 4.30pm - 6.30pm

Students wishing to study Physics must have sufficient Mathematics.

Cost: \$199/student/term

All classes are at Room ES2.059A Environmental Sciences Building, Murdoch University, South Street Campus.

Classes commence second week each school term. All subjects require a scientific calculator. Students may start any time. Bottled water is permitted in classrooms.



**ONLINE
FROM
MARCH
2020***

To enrol and obtain registration forms please contact:

Adjunct Professor Jennifer Searcy

Email j.searcy@murdoch.edu.au

Phone 0427 864 740

Early payment to Murdoch University cashier is essential

Postal address for payments

The Cashier, Murdoch University, South Street, Murdoch WA 6150

Payment may also be made online:

payments.murdoch.edu.au/PrepCourses

*Each student must email AfterSchoolprogram@murdoch.edu.au at the start of each session.



Free your think