

Atlantis Beach Baptist College

TWO ROCKS WESTERN AUSTRALIA

College Details

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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

Nicola Moores

Office Manager

MESSAGE FROM THE PRINCIPAL

Dear Students, Families and Friends of the College

The social media illusion—fake snapshots of life

It can be so easy to fall into the deadly trap of thinking that the posts we see on social media reflect real life. We might all be tempted to create online personas that only show the best parts of our offline lives. It might be as simple putting a few filters on your selfie or posting about an event that wasn't actually as fun as you say it was. Most people avoid posting about the times when they have perhaps struggled or felt defeated.

The pressures created by social media are very real and they have consequences for all of us. They can affect our mental health and self-esteem. That is why I would advise you to be critically reflective about what you see online. Behind every staged post is someone taking multiple shots from different angles or carefully placing things to make it look natural. Lives of celebrities look especially appealing on our news feeds. However, it is important to remember that they experience bad days too, even though their lives may appear perfect.

I would suggest that you go through your social media accounts and consider how the people you follow are making you feel. Don't hesitate to 'unfollow' accounts that have a negative impact on your well-being. Try to keep your news feed filled with inspiring posts. Focus on things that you are genuinely interested in, rather than posts that make you feel angry or bad about yourself. Maintain healthy habits when it comes to online activity. If you feel like you're getting caught in a social media loop, it can be good to log off temporarily. Putting your phone aside for a while is an excellent choice for quality family time.

Choose to spend quality time with your family rather than trying to impress others by creating a fake impression. When you spring-clean your kitchen and present a delicious home cooked meal with fresh sprigs of parsley on brand new china, it too will look inviting. Even beans on toast, made with love over a warm conversation is worth more than time spent online.

We can agree that social media is not always a true reflection of reality. Your life and your attempts at being the best possible parent you can be is real and what truly matters. Feel good about it!

Lisa Potgieter
Principal





YEAR 1&2 FUN IN THE SUN

The Year 1 and 2's have been making the most of the beautiful winter sunshine by exercising and playing team games with their friends.

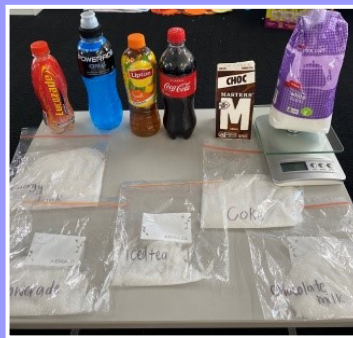


LEARNING ADVENTURES IN YEAR 3



INTEGRATED STUDIES

In Integrated Studies Year 3 students have been investigating the inner workings of our solar system through our learning topic of 'Sun, Moon and Stars'. Students have explored the orbiting patterns of both the Earth and the Moon and have created diagrams to reflect their learning. The students' diagrams move to show how the Earth orbits around the Sun and how the Moon orbits around the earth.



HEALTH

In Health the Year 3 students have been learning about healthy eating and how to make informed health choices. Recently, students explored how much sugar is in some of their favourite drinks. For this task students had to read the drinks nutrition label and then carefully weigh the amount of sugar in the drink using a scale. The results spoke for themselves!



















ENGLISH

Students have been learning about procedural texts. They followed a sequenced set of instructions to make slime. In this activity students needed to arrange their supplies and carefully follow the outlined set of instructions. They had a lot of fun in the process! To align with our learning of procedural texts, students have also been presenting their 'Make and Create' project. Students needed to share a procedural text of their choice to their classmates. We had many fantastic presentations including, how to create an erupting volcano, how to wash a puppy, how to make a lava lamp and how to make pizza.

To be used with The Zones of Regulation™ curriculum
Reproducible E

The ZONES of Regulation™

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
 	 	 	 
 	 	 	 
<p>Sad</p> <p>Sick</p> <p>Tired</p> <p>Bored</p> <p>Moving Slowly</p>	<p>Happy</p> <p>Calm</p> <p>Focused Okay</p> <p>Focused</p> <p>Ready to Learn</p>	<p>Frustrated</p> <p>Worried</p> <p>Silly/Wiggly</p> <p>Excited</p> <p>Loss of Some Control</p>	<p>Mad/Angry</p> <p>Terrified</p> <p>Yelling/Hitting</p> <p>Elated</p> <p>Out of Control</p>

I'm happy!

I'm angry!

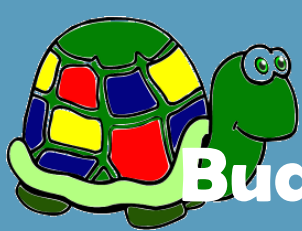
I'm happy!

I'm angry!

I'm happy!

YEAR 6 @ THE BEACH





Budding artists come out of their shell

TrycanWA contacted the school earlier in the year to discuss having an artist in residence to work on sculpture with the students. We decided to build turtles, as they are our school mascot, and to highlight how they being affected by plastic pollution in the ocean. The year 6 students built a turtle base using paper plates, cardboard and newspaper. They then used papier mache to make it solid by using newspaper and watered down pva glue. The turtles were painted with acrylic paint and finally decorated using plastic bottle caps to show the amazing patterns on a turtle's shell. The results were colourful and striking. The students thoroughly enjoyed the process.

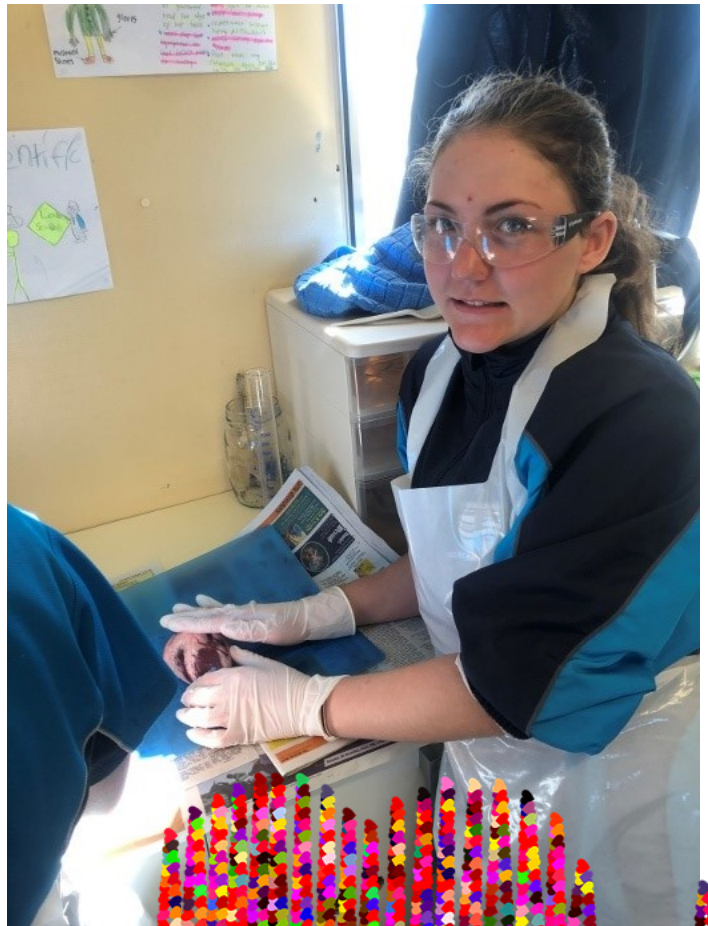
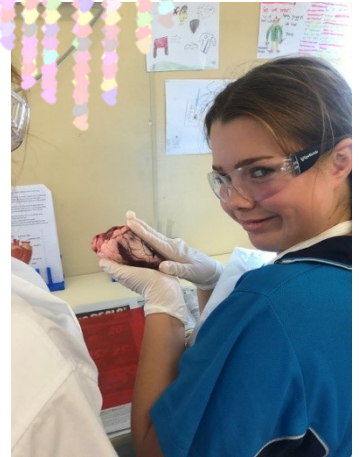
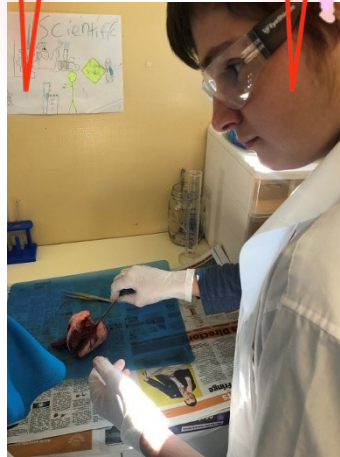


YEAR 8
SCIENCE

MATTERS OF THE HEART



The Year 8 students participated in a heart dissection to examine the internal structures of a sheep's heart. They thoroughly enjoyed the experience and learnt a lot.



FAMILY FITNESS & WELLBEING CALENDAR

This calendar encourages families to become 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).

Day	DEAM Activity
1	How many different ways can you find to balance?
2	Name as many states as you can while doing jumping jacks.
3	Take a walk.
4	Soda has zero protein and zero fiber. Commit to drinking zero cans this month.
5	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
6	Tag Game: 1 v 1 Tag—play against someone else.
7	Do as many curl-ups as you can.
8	How many different ways can you safely roll?
9	Say your math facts while doing reverse lunges.
10	Take a walk.
11	1 can of Soda has 46g of sugar. Do 46 mountain climbers.
12	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
13	Play with a group; everyone is "it."
14	Do as many trunk lifts as you can.
15	How many ways can you transfer your weight over an imaginary line?
16	Do push-up shoulder taps while reciting your spelling words.
17	Take a walk.
18	1 can of Soda has 55 mg of sodium. Hop on each foot 55 times.
19	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
20	Juggle... toss and catch 2 or 3 balls/bags
21	Do as many squats as you can.
22	How many ways can you bend, twist and turn your body?
23	Perform squat jumps while naming the continents.
24	Take a walk.
25	1 can of Soda has 150 calories. Run in place as you count to 150!
26	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
27	Make a circle and toss 1 ball around to everyone. Add more balls.
28	Do as many push-ups as you can.
29	Practice jumping and landing safely.
30	Read a book while doing a wall sit.

Please remember:

Always get adult permission before doing any activity.
Use any plastic grocery bag for Saturday "Bag Games."

FITNESS & WELLBEING



NOTICE BOARD

Term dates:

End of Term 2— 2 July 2020

Start of Term 3— 27 July 2020

*Please note it is a 3 week school holiday.

UNIFORM SHOP DAYS

Tuesdays and Thursdays

Between 8:30-10:30

'SUBWAY DAYS' - Every Thursday and Friday



SUBWAY
School Lunch Program

QuickCliq



Dear parent,

We all know the importance of a nourishing lunch to fuel a child's day, which is why we are excited to announce we are introducing Subway® Days at our school this term.

Here are the key things you need to know about Subway® Days:

- ☒ Convenient and affordable solution to promoting healthy eating to our students
- ☒ Special School pricing + Rebate of 50c per order donated to school P&C
- ☒ Simple to order and pay via the QuickCliq website
- ☒ Offers choice and variety with a taste that kids will love
- ☒ Contributes to a child's daily recommended serves of veggies

When Will The Subway® Days Start?

From Thursday 21st May we will have a fixed Subway® Days every Thursday and Friday.

What's on the menu?

Choose from our freshly baked white or 9 grain wheat bread or a Tortilla Wrap.
Optional Salads - Cheddar Cheese, Lettuce, Tomato, Cucumber and Carrot.
Sauces available - Tomato Sauce, Mayonaisse, Honey Mustard

Subway Six Inch* Sub - Sub Only	Subway® Drinks
Chicken Strips 1170kJ	Calcium Chocolate Milk 250ml
Ham 1090kJ	Just Juice Apple 250ml
Turkey 1060kJ	Mount Franklin 350ml
Veggie Delite® 883kJ	

Energy values refer to sub prepared on white bread.

If your children have allergies or other special dietary requirements, please make sure to note it in Quickcliq or contact Subway® Yanchep on (08) 9561 6047 or visit www.subway.com.au

What's the cost?

\$5.50 Sub Only

\$1.50 extra to add a Drink



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MARTIAL ARTS**
Building Healthier Bodies and Minds

Introductory Offer!

Our programs are designed to build life skills in a fun environment.
Book now to secure our introductory offer!

Karate Programs

★ Little Samurais
3-6 years

★ Young Samurais
7-12 years

★ Teens/Adults
13 years & above

COMMITMENT
FOCUS
GOALS
**5
classes
& uniform
\$39**

Other Programs



Shobukan Martial Arts



KIDSPORT

Unit 5/15 Graceful Boulevard, Alkimos
shobukanalkimos@gmail.com
0425 557 090
www.shobukan.com.au



ZONES OF REGULATION

BLUE ZONE: Your body is running SLOW! You might feel tired, sick, sad or bored.

GREEN ZONE: You are good to go! You might feel happy, calm or focused.

YELLOW ZONE: Proceed with CAUTION and SLOW DOWN! You may start to feel frustrated, overwhelmed, silly, wiggly, excited, worried or surprised.

RED ZONE: You may be experiencing some EXTREME feelings! You could feel really angry and become aggressive. When feeling these extreme emotions, you may be out of control and have trouble making good decisions.

WHAT ZONE ARE YOU IN???
What can you do to get to the green Zone?

**BLUE
ZONE**



**GREEN
ZONE**



**YELLOW
ZONE**



**RED
ZONE**



BLUE
ZONE

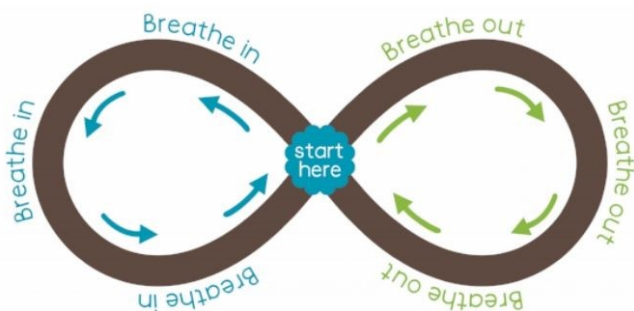
GREEN
ZONE

YELLOW
ZONE

RED
ZONE



Here are some tips to get to the green Zone



BREATH A BIG LAZY 8!

Start in the middle. Take a deep breathe in as you imagine going up to make the left belly, and out as you come down. Breathe in as you go up to make right belly and out as you go down... Do this **5 times** when ever you feel you are out side the green Zone!

HOW BIG IS MY PROBLEM?

Small problems have small reactions
BIG problems have BIG reactions.

Think about how big is my problem and is my reaction the right size for my problem?

1

No Problem

5

Biggest Problem Ever

Where would you put your problem? Is it a 3?

What does a 3 reaction look like?

Is your reaction as small or big as your problem?



Cook up a Storm This Winter School Holiday

Give your budding chef the confidence to learn new skills and grow their love of all things culinary with our Winter School Holiday or Baking & Cooking Programme. A fun and interactive way to get cooking from home, using common ingredients, and everyday kitchen equipment. Submit your finished products online to get feedback from our Chef Instructor.

Winter School Holiday Programme

Normally \$49 now \$30

<https://www.internationalculinarystudio.com/product/junior-chef-winter-holiday-programme/>

To enrol, simply click on the link below, add to cart and use Coupon Code **Schoolswinter2020**

Baking & Cooking Programme

Normally \$80 now \$40

<https://www.internationalculinarystudio.com/product/junior-chef-combo/>

To enrol, simply click on the link above, add to cart and use Coupon Code **Schoolsb&c2020**

We have been blown away with the level of skill on our Facebook Kids Creative Cooking page during lockdown and invite you to post your holiday programme results here – at the end of the school holidays one lucky winner will receive 2 x movie passes!



<https://www.facebook.com/groups/KidsCreativeCooking/>



FOLLOW THE LINK: <https://www.internationalculinarystudio.com/product/junior-chef-winter-holiday-programme/>