

# KANDEER KAPERS

Kandeer School SSP

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Issue 3 - Term 3

September 2015

**Reminder- First day back for students in Term 4 is October 6**

## PRINCIPAL'S MESSAGE

Term 3 has come and gone and again a great deal has been achieved in that time. One thing that I am extremely proud of and pleased to report is that our community engagement is increasing.

Our management committee is evolving and increasing in size and is becoming more like a Kandeer School Community Network. We now have on our team the PCYC as well as more parents than we have had in the past.

Kandeer School and PCYC have combined to promote a road safety program involving Go Karts from PCYC. The students are learning about small motors, making road signs, mechanical checks and road safety. Check out the gallery on our website.

Our next Kandeer School Community Network Meeting is on Wednesday 21 October at 9am. You are most welcome to attend.

To promote Kandeer School and the great academic and social programs we provide, we are producing a short video, which we hope to upload to our website next term (Google Kandeer School).

This video will give a snapshot of our students doing woodwork, metalwork and leatherwork in our workshop. It will show students gardening and cooking up a storm in our Stephanie Alexander kitchen and garden. It will highlight the literacy, numeracy and social programs provided by our teachers and volunteers.

Finally, I would like to thank Jodie Murray for undertaking the role of Newsletter Coordinator, and finish by handing over to our terrific staff to elaborate on the programs that they have provided for the students at Kandeer School during Term 3.

Kind regards,

*Peter Ellison.*



# Anthony's Class

During Term Three two new students have joined our class. We welcome Connor and Lyndon who have moved from Janelle's class; they replace Max and Carlos who have left us to pursue further educational options. We wish them well on their future endeavours.

We have begun to study the topic 'The Natural World' during literacy lessons. This has been done primarily through reading and viewing a series of texts, including the novel 'Holes' by Louis Sachar and the documentary series 'Life' with David Attenborough.



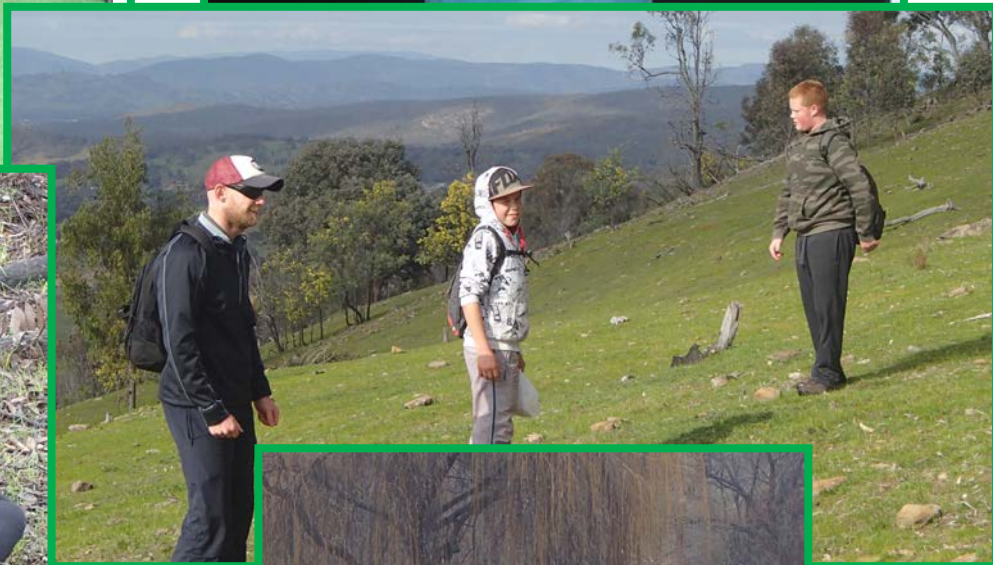
Literacy skills have also been a focus this term with regular reading, comprehension and grammar activities underpinning the theme of 'The Natural World'. This theme also aimed to support the senior Outdoor Education program which saw the students complete weekly bushwalks in and around the Albury area. Visits to Chiltern and Bright were also included as well as the Nail Can Hill walk before the boys began walking The Hume and Hovell Track.

Aside from supporting the class literacy theme, the predominant purpose for undertaking such a program was to develop resilience in the students by placing them in challenging situations. There were a number of students who completed a large number of walks and they are commended for their effort. I encourage all the boys to accept future challenges with motivation and determination. All too often in life it is too easy to choose the path of least resistance, but ask any successful person and they will tell you, 'if it's easy then it's probably not worth doing'.

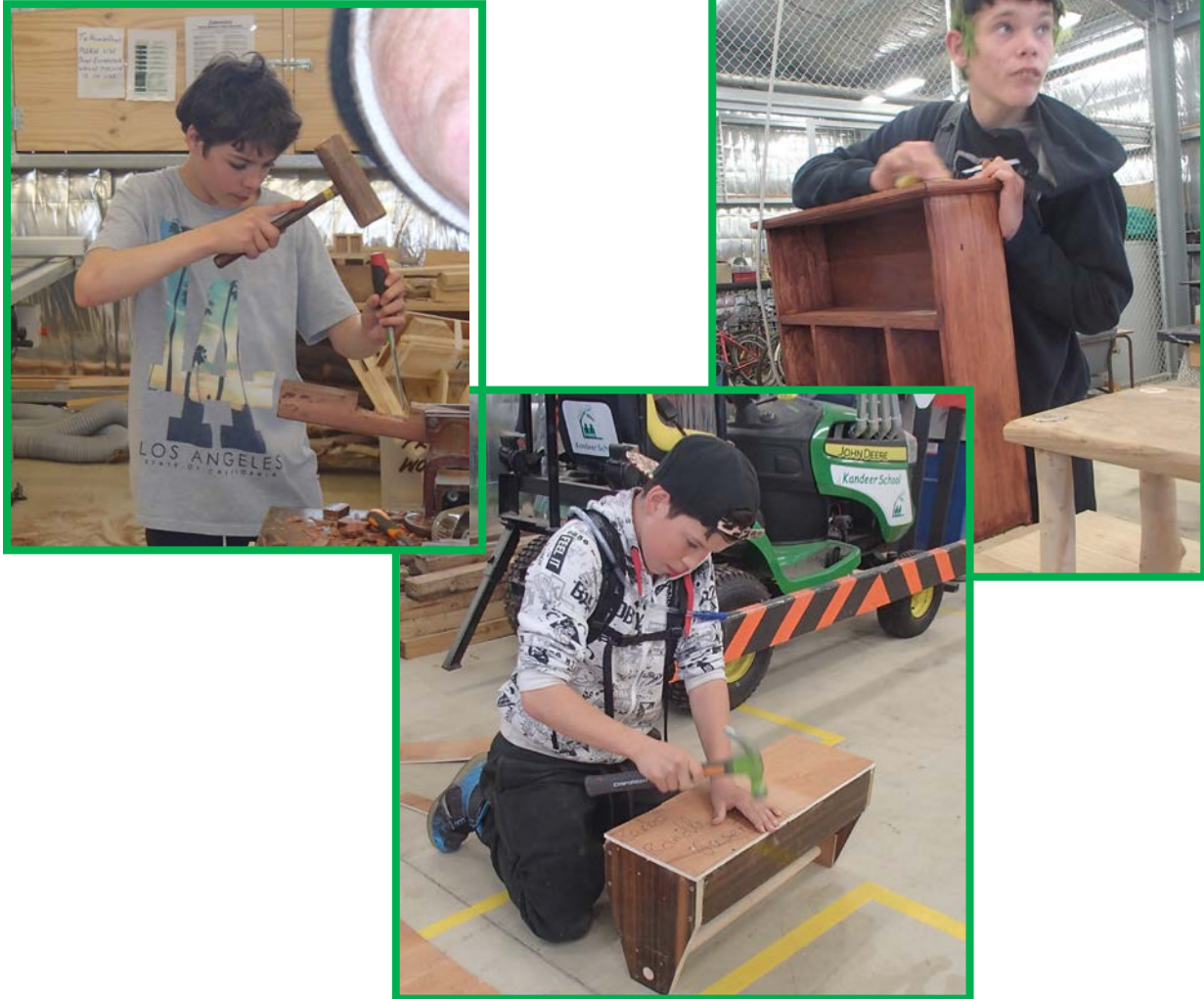


The class has enjoyed a number of excursions to go fishing in both the Murray River and Horseshoe lagoon. Unfortunately we were not able to effectively apply the skills learnt last term during our sessions with Simon from Fishooka and no fish have been caught as yet.

Improving strength and fitness has been the focus during sport this term with the boys attending Sweat2Shred Fitness on Tuesday afternoons. Rhys has developed a program for the boys, which has seen them improve their strength; chin-ups are by far the favourite exercise, closely followed by the sled push.



Thursday's woodworking lessons with Tony have continued to prove very productive. Coffee tables, display cabinets, fishing tackle boxes and tool boxes are all currently under construction. All the boys thoroughly enjoy this time of the week and they have all shown that they possess the capacity to work independently and that they can apply themselves to a set task.



Thursdays have been busy during Term Three. Following woodwork lessons Luke, Luke and Bailey have ventured down to the PCYC to participate in the RAGE program. This crucial program aims to assist youths to find more appropriate ways to express their anger. We thank Kylie and Belinda who have organised the program for Kandee School students.

Again a big thankyou must go to Neil for keeping the boys well fed and for transporting us all over the countryside on our many adventures. We look forward to the challenges that lay ahead and the warm weather that awaits us in Term Four.

*Anthony Daley (Classroom Teacher)*



# *Janelle's Class*

'Life is like a ten speed bike. Most of us have gears we never use!' Charles M. Schulz  
'If we did all the things we are capable of doing we would astound ourselves.' Thomas Edison  
'As simple as it sounds, we must all try to be the best person we can, by making the best choices and by making the most of the talents we have been given.' Mary Lou Retton

This term, two new programs have stood out: two programs that have forced students to change gears and push themselves further and have also revealed talent that some students never thought they had.

Do you remember your school camp? Being outdoors, in the beautiful countryside and having fun with your friends. You may have forgotten all the books you read in English or all the maths you learnt, but I bet you haven't forgotten your school camp.

This term, as part of our Outdoor Education Program, students have taken part in a weekly walk, ranging from local bushwalking tracks and the first few legs of the Hume & Hovell Walking Track.



Although it rained on us most weeks, it has been wonderful to visit The Chiltern Forest, Bright and Wandiligong, The Hume Weir and Nail Can Hill for example. The aim of the program has primarily been to develop resilience. Some days were bitterly cold and many students struggled mightily with the physical challenges, but in the end all students rose to the occasion, although they probably think they have learnt nothing.

Each student was taken out of his 'comfort zone', put into his 'stretch zone', was confronted with risk and the possibility of failure. No one was going to carry out a 'whinging' student, that person had to make a positive decision and keep moving forward.

The walks also provided a direct physical connection with nature and our country and an appreciation that can really only be seen rather than read about or listened to.

Students can now also appreciate the efforts and hardships of our early explorers and have also learnt some organisational skills through preparing and packing everything they needed for a full days walk.

A person who is resilient has developed self-confidence and an understanding of his own strengths and weaknesses.

A person who is resilient is better able to cope with life's ups and downs.

A resilient person will turn up for the walk, the challenge, every week and will keep trying. They are prepared to try something new, something different. They refuse to give up and when they feel like quitting, as we all sometimes do, they don't.

The other new program this term was Music. We have been extremely fortunate to have Ian McElwaine teach the students about pitch and rhythm and to demonstrate a whole array of stringed and wind instruments.

Ian is an exceptionally talented musician who has taken on the challenge of teaching students the ukulele, hoping to present a small recital on Presentation Day.



Some students, again, were willing to try something different, something new. They didn't refuse, or give up. To learn something new is always overwhelming at the beginning, but with breaking down the task into small sections and practicing each small step along the way, a new skill is always achievable. I am thrilled that with the introduction of the Music Program, some students have found a talent that they never knew they had.

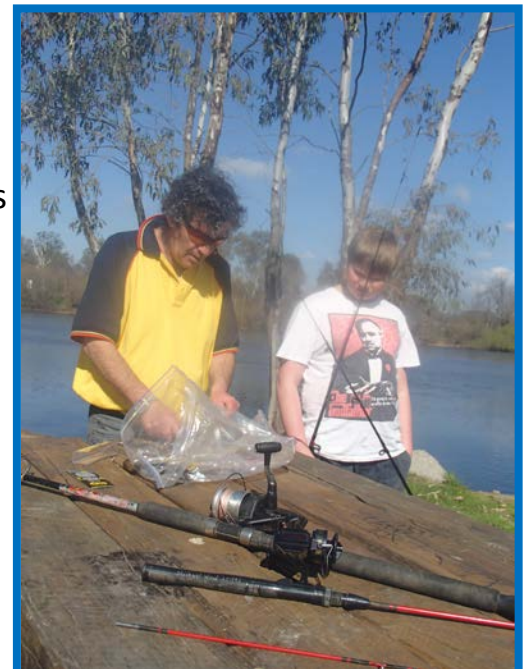
You can help yourself be more resilient by:

- Getting Connected and Helping Others - Good relationships with family members and friends are important. Accepting support and help from those who care about you and who will listen to you, strengthens your resilience.
- Find the Fun - Life was never meant to be taken too seriously. Learn to laugh at yourself. Find humour in stressful situations.
- Be Positive - Avoid self-pity and or sympathy of others. Never allow others to make you feel inferior. They can only do this if you let them. If you talk yourself down, others are likely to believe this as well. Be proud of who you are. This encourages growth in a positive direction.
- Develop Skills to Control Your Emotions - Develop relaxation techniques to help you when you become overwhelmed by anxiety or anger. At Kandeer School, I encourage the students to think about deep breathing, exercising, fishing, reading a book, colouring in or listening to music.

Mastering your emotions enables you to think through a difficult situation calmly. When you are relaxed you can usually solve a problem that you are face with.

- Learn to Trust Yourself - your 'gut' feelings.
- Learn from Bad Experiences/decisions.
- Take Good Care of Yourself - you only get one body.
- Accept and Expect Change - Be flexible. Be tolerant of others and changing situations.
- Plan for Your Future - Set goals. Don't put things off.
- Be Thankful for What You Have - Appreciate what you have rather than focusing on what you don't have. Finding inner peace does wonders for developing resilience.

We have had a very productive term, as you can see. We also started a Fishing Program, with Simon Wallace. We are lucky enough to learn about the sport of fishing for an hour every week. The students find this very relaxing as well as learning a new skill that involves patience.





I would like to acknowledge the students in my class and the effort they have put into their learning this term. Thank you Brydon, Jak, Tanner and Thomas



Also, a huge thank-you to Leonie for her never ending patience and support. Thankyou to Pam for her continued support in our classroom with reading and mathematics and where applicable, work experience. We also thank Marg Tanner for her Garden Lessons and Tony Zerbst for Wood/Metal Work lessons, supported by Kevin and Frank from the Men's Shed. Thank you as well to Brydon's dad Lee, for coming in to assist during Woodwork Lessons. This has been a great help and very much appreciated.



*Janelle Dunn*  
(Classroom Teacher)

# Jodie's Class

Teach me and I will forget

Show me and I will learn

Involve me and I will understand

[www.school-teacher-student-motivation-resources-courses.com](http://www.school-teacher-student-motivation-resources-courses.com)

At Kandeer School, we involve our students in many exciting programs, both inside the school and out in the community. Through involvement in these programs, our students are given opportunities to grow in self- belief and understand themselves and the world around them just that little bit more.

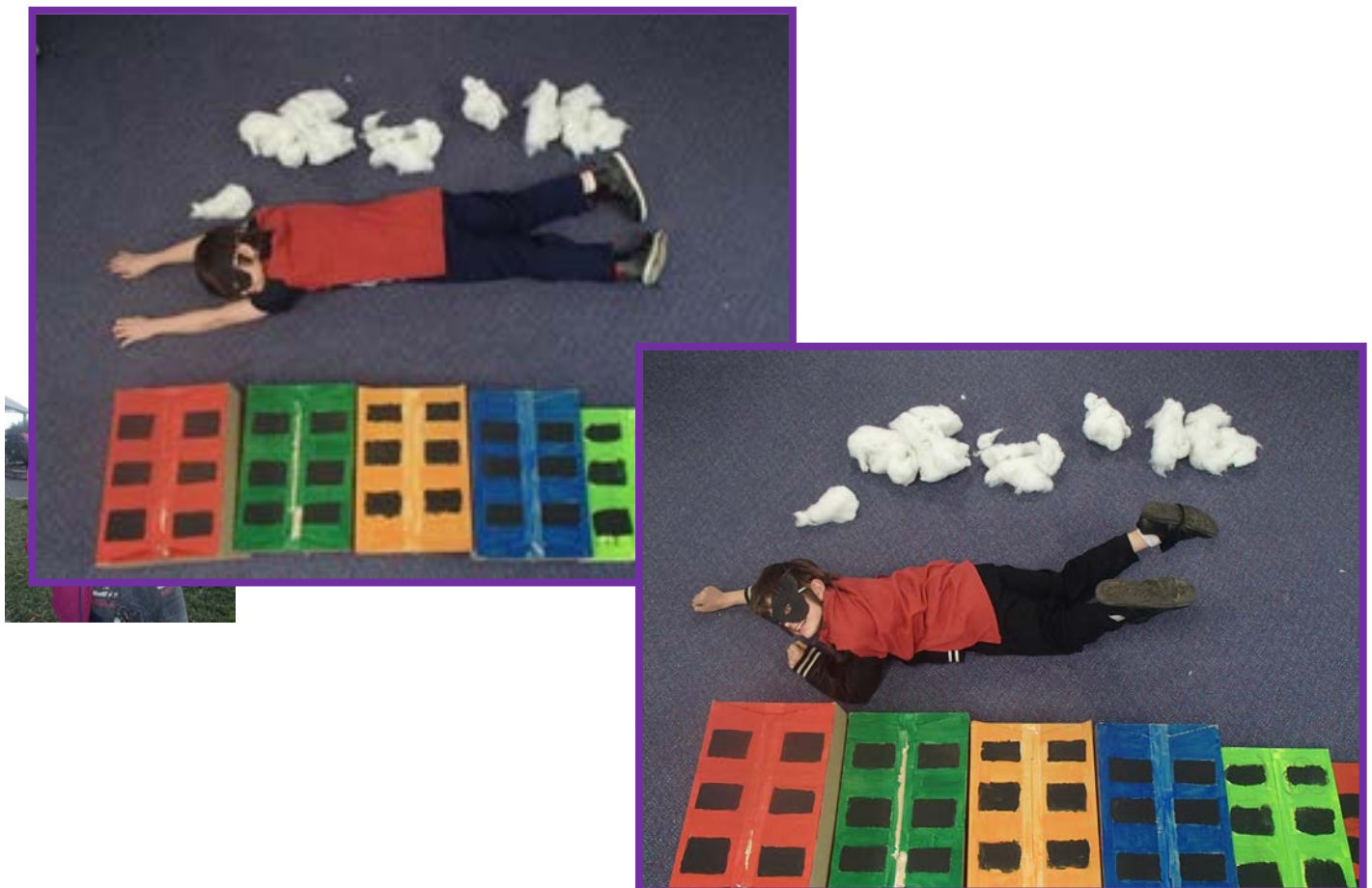
I can't believe it, but another term has come and gone. Term 3 has been packed with lots of learning and laughter and I have really enjoyed working with our wonderful Primary students, who have shown a tremendous amount of resilience, resourcefulness and responsibility in a variety of different settings over the course of the term.



In the classroom we have been discussing the concept of freedom and what that means to us. We have looked at our rights and responsibilities and investigated the 'rights of the child', through looking closer at the United Nations Convention on the Rights of the Child. The students were very interested to hear and see stories about children living in other parts of the world, whose lives are impacted negatively by being forced to work in terrible conditions from a very young age. By exploring the lives of children who had been forced into child labour, the boys were able to reflect on their own lives and appreciate the opportunities and experiences that they have.

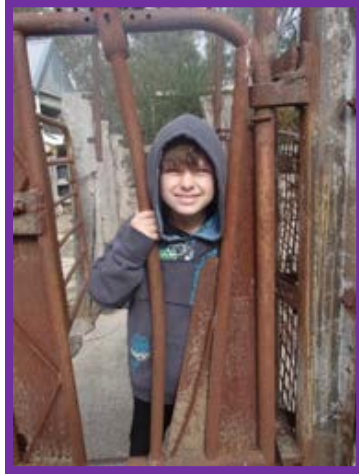
We have used the topic of superheroes as a vehicle to explore the learning areas of literacy and Visual Art. The students have enjoyed designing their own superhero and creating profiles and origin stories.

As part of our 'Superhero' studies, we enjoyed an excursion to the cinema to see 'Ant Man'. A fun time was had by all and there was lively discussion that followed, regarding what makes a superhero, whether Ant Man fits the profile and can a super hero be a super hero without having their own powers?





During Term 3 we have enjoyed excursions to Wonga Wetlands for tree planting, the Yackandandah Golf Course for a few hits with Mr E, Oddie's Creek Park and Ten Pin Bowling in Wodonga, as part of our sport program.



The students also enjoyed Mr E's special pizza day, as a reward for their wonderful behaviour and fantastic effort with their learning.

Thank you Mr E 😊



Liam having a cuddle with Mr E's new beautiful little puppy, Boko.

We have continued to enjoy lessons in woodwork with our talented and dedicated teacher Tony Zerst. This term the boys worked on all manner of things, including a peg game and a tool-box. The skills they are learning during our weekly woodwork lessons not only help them to learn how to make things with their hands, but patience and precision, attention to detail and most importantly resilience, as often things do not go to plan and students need to re-evaluate, adjust and make second and sometimes third attempts at completing an aspect of a job. These are real life skills that are invaluable lessons for our students.



This term we have welcomed three new students into our room; Jared, Jake and Kenny. They have settled in well and have all brought new ideas, personality and skills to our classroom environment. I wish you all further success in Term 4 here with us at Kandeer School.

In Term 4, we will be losing one of our class members, Jake Coates. Jake is happily and with much excitement, going to be graduating from Kandeer School and transitioning back to Corowa Public full time. Well done Jake! We will miss you, and wish you well during Term 4, as you get ready for High School next year.

Finally, I would like to thank Marg Tanner for her continual support in the classroom and garden. I would also like to thank Pam for the great work she does supporting the learning of our students.

I look forward to being part of the 'Kandeer family' again in Term 4.

Happy holidays,

*Jodie Murray (Classroom Teacher)*

# Stephanie Alexander Kitchen Program

The Stephanie Alexander Kitchen Program has been running at Kandeer School for a number of years. It is a fantastic program that teaches students life skills in growing and cooking their own food. We have made pasta from scratch, recreated food from KFC, McDonalds and many other gastronomic creations. We have had challenges where students were given run of the fridge, freezer and pantry at school to come up with their own ideas.

We had a break from the Kitchen lessons in term three to make way for the Senior Outdoor Education Program. Toward the end of the term students have been asking when they will get back into the kitchen so we will be recommencing cooking lessons in Term 4.

## Learning and Support

During this term, and continuing into next, the school has been testing student's literacy and reading comprehension. This is done in order to establish a benchmark for each student so we can see progress as they learn.





## Secondary Go-Kart Program

Much of the preliminary work to set up the Go-Kart Program has now been completed. Students will soon be undertaking testing in order to obtain their practice licences. They will all need to have an understanding of safe use of the kart and track, and what the different colour safety flags mean.

The students have been helped out at school by local Dunlop Series Supercar driver Matt Chahda and have had a visit to the Kart Track in Wodonga and given a safety talk by club president, John Reynolds.



## TAFE and Work Experience

When students reach year 9 they are able to undertake work experience. We have one student booked in to obtain his WHS White Card so that he can undertake work experience with local building company Cavalier Homes.

*Pam Chahda (STLA)*