



## College Update | Week 4, Term 4, 2024

We've officially reached Week 4 of Term 4, and the excitement continues to build across all year levels. From academic pursuits to extracurricular activities, our students are fully immersed in their learning, and we couldn't be prouder of their efforts.

### Supporting Healthy Habits with Fresh Fruit Friday

One of the highlights of the week for our Primary students has been the introduction of **Fresh Fruit Friday**. Thanks to the wonderful support of our P&C and the generous contribution from Woolworths Carindale, we've been able to deliver 400 pieces of fresh fruit each Friday, ensuring our Primary students enjoy a healthy, delicious snack to kick off their day. This initiative is not only promoting healthy eating habits but also fostering a sense of community as students enjoy their fruit together. A big thank you to our P&C for organising this fantastic addition to our weekly calendar!



### Class Configurations for 2025

As we look ahead to next year, we continue to review and reflect on our enrolment numbers. As a result of this, it's likely that we'll be continuing with composite (multi-age) classes in our Primary sector. While some families may be unfamiliar with this approach, research shows that composite classes can offer several significant benefits for students, particularly in fostering peer learning and social development.

According to Australian-based research, composite classes create an environment where students are exposed to a range of abilities and perspectives, encouraging collaboration and leadership. A report from the Australian Primary Principals Association (APPA) highlights that "*students in composite classes tend to develop stronger communication and problem-solving skills as they engage with peers of different ages and learning levels.*" APPA, "Benefits of Composite Classes in Primary Schools," Australian Primary Principals Association (2022).

Additionally, Monash University has found that multi-age classrooms promote greater flexibility in teaching, allowing educators to tailor learning to individual needs more effectively. This approach supports differentiated instruction, where students can work at their own pace, enhancing both their academic performance and personal growth Anderson, K. et al., "The Benefits of Multi-Age Classrooms," Monash University Faculty of Education (2021).

#### Key Benefits of Composite Classes:

- **Peer Learning:** Older students often take on mentoring roles, helping younger students develop new skills, while also reinforcing their own learning.
- **Individualised Learning:** Teachers can provide more targeted instruction, addressing the specific needs of each student within a diverse classroom environment.
- **Social Development:** Mixed-age classes offer a broader range of social interactions, which helps children build resilience, empathy, and cooperation.

We will continue to keep families informed as we finalise our class structures for 2025, and we welcome any feedback or questions you may have as we prepare for the upcoming school year.

### Welcoming Our New Caledonian Student Teachers

This week, we are excited to welcome student teachers from New Caledonia who will be observing in our Primary French Bilingual classes. This collaboration strengthens the ties between WHSC and our international colleagues at the University of New Caledonia, creating valuable partnerships for the future.

Please make them feel welcome as they experience our vibrant learning environment and engage with our students and staff. We look forward to the insights and connections this opportunity will foster.



## Gratitude, Empathy, Mindfulness

**GEM Focus** "*Feelings are much like waves. We can't stop them from coming, but we can choose which ones to surf.*" – Jonatan Mårtensson.

This week, we're focusing on Emotional Literacy—the ability to recognise, understand, and express our emotions in healthy ways. Being emotionally literate helps us communicate more effectively, build stronger relationships, and navigate life's ups and downs.



### Activity:

- Draw an Emoji: Take a moment to draw an emoji or pick one that reflects how you're feeling today.
- Choose a Word: Alternatively, choose a word that describes your current emotion—happy, calm, tired, excited, etc.
- Reflection Question: Why are you feeling this way? Take a moment to reflect on what has contributed to this emotion.

### Why it matters:

- Naming our emotions helps us process them and manage them better.
- It's a key step in developing self-awareness and empathy for others.
- Emotional literacy helps us express ourselves clearly and can even improve mental well-being.

### Did you know...

- People who are emotionally literate are better at handling stress.
- Understanding our emotions can help us make better decisions.
- Emotional awareness can strengthen our connections with others.

### Final thoughts

As always, we encourage families to stay connected through our Updates, website and Facebook page for acknowledgements, and upcoming events our college newsletter will be deployed in Week 5 – please join us in staying connected by subscribing today! <https://whiteshillsc.schoolzineplus.com/subscribe>

The remainder of Term 4 promises to be full of excitement, with end-of-year celebrations, performances, and graduations just around the corner.

Thank you for your ongoing support in making our school a thriving, vibrant community. Let's continue to work together to make Week 4 a positive and enriching experience for all.

Kind regards,

*Richenda Wagener*

College Principal



### CARES focus this week

*We model the CARES philosophy of Cooperation Achievement Respect Enthusiasm Safety*  
**Week 4 – RESPECT** - We value ourselves, others and the community.

**PBL focus this week** - (under the CARES Value of Respect). Captain CARES is our Positive Behaviour for Learning (PBL) Mascot.



**Week 4 – RESPECT** - *How do I demonstrate that I respect myself? Why is respect for self a critical factor in how I demonstrate my respect for others?*



### Uniform focus this week

Keeping uniform standards high is always a work in progress. This week our focus is: **jewellery**, please reinforce our clear expectations regarding the type of jewellery that is and is not permitted.

- No more than 2 small (<5mm diameter) student or sleeper (<10mm in diameter) in each ear.
- One small necklace with a medallion <10 mm diameter
- One plain wristwatch – no bracelets (unless medical w. exemption request from college)

Our uniform policy can be found on our [website](#).

### The Fortnight Ahead

Week 4	Term 4	Year 12 External Exams
Mon 21 Oct	• Primary Assembly	
Tues 22 Oct		
Wed 23 Oct		
Thurs 24 Oct	• Secondary Assembly • Year 8 Oral Health Study	
Fri 25 Oct		
Week 5	Term 4	Year 12 External Exams
Mon 28 Oct		
Tues 29 Oct		
Wed 30 Oct		
Thurs 31 Oct	• Secondary Assembly	
Fri 1 Nov		

### Helpful WHSC Links

[College Policies](#)

[Uniform Shop information](#)

[Outside School Hours Care](#)

### Executive team

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