

WHPS Clubs Term 1 2019

Monday	Time	Club	Venue
	Recess	The Zen Den	Library
	Lunchtime	Craft Club	Library
Tuesday	Time	Club	Venue
	Recess	Cosmic Kids Yoga	Library
	Lunchtime	Lego & Puzzle Club	Library
	Lunchtime	Gardening Club	Garden Shed
Wednesday	Time	Club	Venue
	Recess	The Zen Den	Library
	Lunchtime	Chess Club Gr 1 - 6	Library
	Lunchtime	Acting Club	GP Room
Thursday	Time	Club	Venue
	Recess	Cosmic Kids Yoga	Library
	Lunchtime	Knitting Club	Library
	Lunchtime	M-Club	Chinese Room
Friday	Time	Club	Venue
	Recess	The Zen Den	Library
	Lunchtime	Science Library Club	Library
	Lunchtime	Choir	DLC

The Zen Den

Students from all year levels are invited to relax and enjoy the different forms of mindfulness activities on offer in the Library for the last 10min of each Recess.

These sessions are designed to encourage each child to believe in and value themselves and at the same time connect them with the different styles of mindfulness which we can use in our every day lives.

In the Zen Den our activities rotate each session to allow us to enjoy all things **Mindfulness!** We enjoy listening to different types of guided meditations and affirmations designed to empower children in all areas of their life. We also enjoy the calming benefits of the ancient Chinese exercise program Tai Chi or the great fun of a dance off to tunes picked by the students.

From thinking positively to understanding the connection between thoughts, feelings and behaviour.

Children are inspired to explore their imaginations and be mindful during these 10 min sessions each recess.

Book Lovers Craft Club

Students from all grade levels are invited to explore their love of books and craft during this jam packed lunchtime session. Or they can also just relax and enjoy the Library space with a good book if they wish.

With special guest readers and lots of great activities there is so much fun to be had. While promoting a love of reading we also explore the power of inquiry through picture storybooks and the connection of craft activities.

Cosmic Kids Yoga

Students from all year levels are invited to the Library twice a week to enjoy fantastic yoga sessions from Cosmic Kids Yoga.

Children derive enormous benefits from yoga. Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation also improves.

Lego and Puzzle Club

Every Tuesday lunchtime in the Library students from all year levels are invited to bring in their amazing Lego building feats from home and present them to Lego club group. Amongst sharing their engineering skills it also builds the presenters confidence when speaking in front of an audience and gives them the opportunity to receive praise for their efforts from their peers. The excitement in the room is wonderful to watch and once the presentations have concluded the group enjoys Lego building for the remainder of the lunch break while we enjoy Lego speed building movies on the big screen. It is every Lego lovers dream and we welcome all year levels to come and join in the fun.

We also have a HUGE amount of puzzles to play (from jigsaws to Cludo) with something for everyone

Chess Club

Gr 1 - 6 Students are invited to enrol in Chess Club with the cost of \$65 per term. Chess Club is facilitated by David from Chess-Ed <https://www.chesseducation.com.au/schools>

Chess is one of the most powerful educational tools available to strengthen a child's mind. Most 6-7 year olds can follow the basic rules and some children as young as 4 or 5 can play.

Whatever a child's age, chess can enhance concentration, patience, and perseverance, as well as develop creativity, intuition, and memory. Most importantly, children can develop the ability to analyse and deduce from a set of general principles, to make tough decisions and to solve problems flexibly.

Knitting Club

Students from all year levels are invited to join us to learn the wonderful art of knitting. We welcome everyone from first time beginners to experienced knit-o-holics to enjoy a chat and a knit in our lovely Library space.

There has been much research into the benefits of knitting for children, with teachers and doctors noting improvement in:
Fine and gross motor skills – the mobility and dexterity required for knitting helps improve brain function.

Reading – because it requires a left to right and/or circular process.

Maths – knitting can teach basic and complicated maths (counting, skip counting, multiplication, division, subtraction, adding, patterning).

Comprehension – understanding how each stitch is made.

Critical thinking and problem-solving – “reading” knitting and fixing problems.

Creativity – dreaming up colour combinations, shapes and patterns.

Persistence – projects take time and patience to complete.

Focus and attentiveness – knitting can be wholly absorbing and therefore increases the ability to concentrate.

Behaviour – knitting is both calming and repetitive.

M-Club

Mandarin Club (M-Club) takes place at lunchtime on Thursdays. Students from all year levels are invited to participate in activities that complement the regular Mandarin Program.

So far, students have broadened their understanding through learning to sing songs, performing a fan dance, making lanterns, reciting poems and cooking bamboo wrapped sticky rice dumplings (zòng zi).

Acting Club

Acting club runs every Wednesday during lunchtime and is available for year Prep -G3r students.

For students with social challenges, this club is structured to teach the students to build resilience, confidence and to problem solve. Staff teach these skills through modelling, activities and games.

Choir

Our 3-6 choir is made up of children who are passionate about singing. We meet each Friday at lunch time to warm up our voices and practise singing a variety of songs. We perform a song each year at our amazing school concert and starting the national anthem at our school assemblies. Later in the year we will also perform Christmas carols in the local community.

Any student from grades 3 - 6 are very welcome to join.

Science Library Club

Students from all year levels are invited to join us in the Library to delve into all things Science!

Students are part of a team which is encouraged to plan, monitor and evaluate different topics, while exploring topics which interests them.

R – L The Zen Den, Lego & Puzzle Club, Chess Club, and Knitting Club

