



Wallerawang Public School Newsletter



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April 29 2015 Term 2 Week 2

What's On? When?

No Assembly
this week

Uniform Shop
OPEN
Mondays 2-3pm

Infants Athletic
Carnival Cancelled
due to weather.

Rescheduled for
Friday 15 May

Mother's Day
Stall
Mon 4 May and
Tues 5 May

District Cross
Country
Tuesday 5 May

BOOK CLUB
DUE BACK
THURSDAY
7 MAY

Rugby League
WPS vs LPS
10:30am Fri 8 May

Netball Team to
play in Bathurst
Schools Cup
Friday 8 May

From the Principal's desk

Last Thursday we celebrated ANZAC day in fine form with a terrific ceremony reflecting on times of war, courage, spirit and hardship whilst commemorating the landing at Gallipoli 100 years ago. It was a moving ceremony with students, staff and our special guest Mr Barry Dowsett blending readings and anecdotes to enrich the ceremony. Thanks is extended to Mrs Fraser, Miss Gurney, Mrs Fahey, Mrs Nancarrow and Mrs Lamborn for their contribution to planning.

A Gift to our School.



Just prior to Anzac Day Robyne & Richard Pytco presented the school with a beautiful handmade red poppy which was weathered and aged in the Tower of London's Moat making it truly unique. Mr & Mrs Pytco felt they wanted to donate the poppy after seeing the Honour Board in our school hall listing the names of the local men who volunteered for service in the First World War.

Accompanying the Poppy is a wonderful photograph of the Tower Of London display depicting the 'Blood Swept Lands and Seas of Red'. At the moment the Poppy display is located in the front office amongst the 3/4 pottery display. Our thanks are extended to Robyne & Richard for this truly wonderful addition to our school memorabilia collection.

On Friday our first school assembly was held primarily focussing on awards and certificates. Congratulations to all students that received awards on the day. It was great to see so many parents and extended family members in attendance and I encourage families to continue to come along and share assemblies with the students and staff.

On Saturday Wallerawang hosted the town ANZAC service which appears to be growing every year with more local organisations marching, increased focus on special vehicles from wartimes and this year an estimated public attendance of approx. 2000 people. Over 120 students joined staff in the march, whilst another 20 wore rugby colours and marched with the local football association. Our students sang beautifully, our leaders contributed to the service and the children in attendance made us all proud to be connected with Wallerawang School. Thanks is extended to parents for supporting ANZAC Day once again and bringing children along to demonstrate their pride in community. Thanks also to staff for their attendance, organisation and participation in the local event.

A small survey has been distributed with today's newsletter asking for community input to help decide whether to run the fete this year on a Friday or a Saturday. The fete is set down for either Friday 16th October or Saturday 17th October and your survey response will help determine the confirmed date. Please return the survey early next week to class teachers.

The primary athletics carnival was held yesterday in Lithgow with all children participating in track and field events throughout the day. The weather was kind, the organisation by Mr Campling was excellent, the canteen was in operation, parent and high school student helpers made the day smoother and all in all a great day was enjoyed by spectators and participants alike. A full write up detailing results and age champions will be published in next week's newsletter. Thanks is extended to all that helped in making the day such a success.

A reminder that with the cold weather coming on and children requiring more layers of clothing whilst outside during the day it is important that all items of clothing from beanies and hats to jackets and jumpers are clearly labelled with your child's name. Uniforms are expensive and labelled clothes always make their way back to owners.

Last week I mentioned the school plan being uploaded to the website this week. Mr Harvey, Director of Public Schools NSW has been onsite today having final discussion around the planning and future directions of the school before uploading the plan. We anticipate the document will be published online prior to commencement of week 3.

Year 3 and 5 students are gearing up for the National Assessment Program Literacy and Numeracy (NAPLAN) which will be carried out during week 4 this term. All students participate in this assessment process and individual student reports are provided to families detailing children's strengths and areas for growth. Mrs Foster and Mrs Fraser coordinate the NAPLAN Assessment program within the school and are working with students now in preparation for week four.

The term planner is coming together nicely and details most events for the term ahead. Please keep the planner handy and always update it with any new items as they are advertised. The planner can also be accessed from our website at any time.

There will be no school assembly held tomorrow.

Last week Ryan Neale and Dayne Houlison attended the selection trials for the western area boys hockey squad. Both boys played well throughout the trials and Ryan Neale has been selected once again to represent Western this year. Congratulations to both Ryan and Dane on their participation.



Upcoming events:

Friday 1st May ~ Seed planting for the school garden. (Yr3-6)

Duncan Auld
Principal—Wallerawang Public School



Wallerawang Anzac Day Marchers 2015

Infants Athletics Carnival

Our annual Infants Athletics Carnival tomorrow is **POSTPONED**.

Normal classes will take place.

PRE ORDERED LUNCH ORDERS WILL GO AHEAD AS PLANNED.

The Infants Athletic Carnival rescheduled for 15th May weather permitting.

Thank you

K-2 Teachers

Sports News

Western Hockey

Congratulations to Ryan Neale on being selected in the Western SSA Boys Hockey Team. Last Friday Dayne Houlison & Ryan Neale participated in the Western boys hockey trials held in Lithgow. Only 14 students were selected in this squad across Western Region. Of those 14, Ryan Neale earned himself a position in this team. Congratulations to Dayne and Ryan for their participation with extended felicitations to Ryan for his selection.

As a result of being named in the Western team, Ryan will attend the NSW PSSA Carnival in Broadmeadow on the 2nd, 3rd & 4th June, 2015.



Western Area Sport trials

A number of Western Area trials have been postponed due to wet weather or have had their dates changed due to unforeseen circumstances.

Western Area Boys Football (Soccer) has been postponed until Wednesday 6th of May.

Please also note that Western Area Boys Touch Trials have been brought forward from Friday the 15th of May to **Monday 11th of May**.

Permission Notes Reminder

In order to participate in representative school sports, a completed permission note is required on or before its due date. Without a permission note your child will be ineligible to attend a carnival or trials event. Please ensure that the necessary follow up such as returning a note or making a phone call to the sports organiser has been made.

Mumps

A case of the Mumps has been reported to our school today.

Information:

Time from exposure to illness 14 to 25 days.

Symptoms:

Fever, swollen and tender glands around jaw.

Do I need to keep my child at home?

Yes, for 9 days after onset of swelling.

How can I help prevent spread?

Immunisation (MMR) at 12 months and 4 years.

Sport and Recreation Sports Taping courses in Lithgow

Sports taping is an important skill for coaches, trainers, teachers, parents and players involved in sport. Correct sports taping can help prevent injury and also help with injury rehabilitation.

Introduction to Sports Taping - beginner technical and practical advice of taping including ankles, fingers and thumbs. 6pm-9pm 6 May

Advanced Sports Taping - advanced techniques for the shoulder, elbow, wrist, Achilles tendon and knee. 6pm-9pm 7 May

Call Sport & Recreation on 6362 6623 for more info or visit .

www.dsr.nsw.gov.au \$60/ person per level

Well worth a visit!!

Lithgow Library Learning Centre is hosting several displays focussing on World War I to commemorate the centennial year of the ANZAC's. The exhibitions will be available for your perusal until 26 May.

Exhibition items include:

- Poppies on display
- State Library Touring Display of Images
- WW1 Embroidered Postcards
- Uniforms from WW1
- Memorabilia from WW1
- Historic photographs on display

A great opportunity to see these rare items.



Year 6 Fundraising Raffle—Fire Wood

Don't miss out on your tickets for this great winter prize, get ready to snuggle in front of your warm fire!

Prize: 1m3 quality Red Gum wood

Tickets : Any Year 6 student or the front office

Cost: \$1.00 / ticket

Drawn: Week 4 Assembly **15th May** (not June as was printed on tickets)

Our prize has been generously donated by:

*Good Earth Landscaping
Supplies—Lidsdale*



Stewart House Day 2015 Donation Drive

For your chance to win a \$4000 FAMILY HOLIDAY place your \$2 donation in the Stewart House envelope that came home with today's newsletter and return to school by Friday 8 May.



CANTEEN ROSTER

Thursday April 30	Leanne Houlison Katena Taylor
Friday May 1	Karen Desch Sheree Scanlan Debbie Stack
Monday May 4	Kylie Mason Nicole Purdon
Tuesday May 5	Sonja Ward Jenny Pender
Wed May 6	Carol Chew Megan Baxter

Public Speaking Competition

General information and topics for each stage were distributed in Term 1 and are also available on our school website.

The length of speeches will be:

1 minute for Kindergarten to Year 2,
(15 seconds either side is acceptable)

2 minutes for Years 3-6, (15 seconds either side is acceptable)

Teachers are looking forward to listening to some wonderful speeches.

Topics

Early Stage 1

My Family
My Pets
My Favourite Toy
My Favourite Place
My Favourite Sport

Stage 1

My Family
The Day I Met a Wild Thing
When I Grow Up...
My Super Power
My Interesting Past

Stage 2

Anzac Day
A Significant Place in Australia
The Importance of Remembrance
My Imagination
Has Technology Made Our Lives Easier?
Gallipoli

Stage 3

What Can We Do to Save Our Rainforests?
People I Admire/My Hero
The Best Pet Ever
My Most Amazing Trip
My Best Excuses for Not Doing
My Homework

Susan Dick & Leeanne Graham
Public Speaking Coordinators



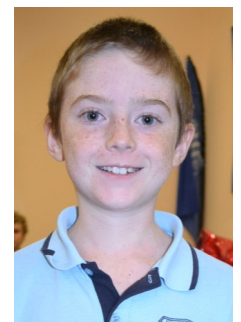


Assembly Week 1





ANZAC Day Assembly





Results	First	Second	Third	Fourth	Fifth	Sixth
5yrs Girls	Andrea Fitzgerald	Dakota Lane	Arahna McCann	Matilda Sweeny	Bella Kelly	
5yrs Boys	Harry Milne	Jhy Murray	Saxon West			
6yrs Girls	Ella Taylor	Bridie Ward	Grace Neaves	Holley Vlores	Claire Taylor	Alexandra McLaughlan
6yrs Boys	Deon Ryan	Max Alexander	Curtis Brown	Lowan Francis	Brodie Carter	Jeremy Fisher Jorden Vlores
7yrs Girls	Ellablu Boyling	Shaylee Lauer	Ruby Dunn	Zara Phillips	Molly Lambert	Emily Case
7yrs Boys	Rydah Woolsey	Ashton Morris	Hayden Way	Daniel Ecclestone	Joshua Doalman	Wyatt West
8/9yrs Girls	Kyla Isley	Paige Woolsey	Jarah Cafe	Gabrielle Dray	Becky Monaghan	
8/9yrs Boys	Logan Ward	Tyron Griffiths	Kyle Kenniff	Kade Anderson	Andrew Brasher	Jimmy Stewart
10yrs Girls	Charlotte Dunn	Jacova Woolsey	Madeline Holding	Sophie Lane	Emily Irving	Indianna Walsh
10yrs Boys	Will Stockton	Byron Lamborn	Seazar Scanlan	Bailey Brown	Kayne Dewar	Jorden Berry
11yrs Girls	Sophie Clarke	Piper Woolsey	Lisa Su	Hannah Lambert	Tia McMillan	Chloe Edwards
11yrs Boys	Matthew Hopkinson	Lachlan Schroder	Lachlan Reilly	Ethan Fitzpatrick	Ben Seymour	Hayden Carter
12yrs Girls	Courtney Martin	Katahna Woolsey	Bethany Hagar	Olivia McDonald	Piper Anderson	Rachel Cook
12yrs Boys	Lachlan Taylor Cooper Giles	Ryan Neale	Connor Marshall	Dane Hart	Cooper Nunan	Eamyn Quinn

"I've Got a Teenager?!*!"

Parents are recommended that; "If something is not working, do something different. If something is working, do it again." So running for another year is a positive parenting/ carer of teenagers group- "I've Got a Teenager?!*!"

This group focuses on 4 main areas from the Positive Parenting Program to help parents gain tools that will better assist them in the task of parenting; such as Positive Parenting with Teenagers, Building resilient young people, Encouraging Appropriate Behaviour, Managing Problem Behaviour and Dealing with Risky Behaviour.

Parents & carers of teenagers that have previously attended the group had only positive feedback at the end of the program. Of the surveyed parents/carers 100% said they would recommend or attend future Parenting Group Programs. After attending the program, parents have given feedback such as "I am now more confident in parenting and I can look after myself better too" and "It is nice to know that there are other parents out there going through similar issues and that I am not alone." They also commented about facilitator Meg Benson, Adolescent and Family counsellor at LINC "Meg gave individual time and care to each person", "Meg kept order and kept to the subject" and "I was respected as a parent by Meg, and I was even given the option of receiving free one-on-one counselling afterwards, which was useful."

This year there are two 4 week programs to be held at 2 different venues commencing May 27th in Portland during the day time and Oct 7th at LINC in Lithgow during the evening time.

Commencing shortly at the Portland RSL Club Conference room, the 4 week program starts on Wednesday May 27th, June 3rd, (NO GROUP June 10th), June 17th and June 24th from 10 am - 12 pm.

At LINC the program commences on Wednesday October 7th, October 14th (NO GROUP OCTOBER 21ST), October 28th, November 4th and is Likely to be on during the evening from 6.30 -8.30pm

Group participation will cost \$5 one off registration fee for all handouts.

Phone Meg Benson (Mon- Wed) on 6354 5912 to book.

You will be offered a half hour personal pre-group information session for participation in either of the two groups.



LINC
Lithgow Information and Neighbourhood Centre

"I've got a Teenager?!*!"

A 4 week Parenting Program Group

Tools for Parents, Grandparents and Carers of Teenagers

- Building resilient teenagers
- Adolescent development
- Positive Parenting tips

Where: Portland RSL Club Conference Room, 10 Wolgan Street
Portland

When: Commences on *27th May * 3rd June (No Group on the 10th June) *17th June and *24th June

Time: 10AM- 12PM

Cost: \$5 registration paid at pre-group interview.

Facilitator: Meg Benson- LINC Adolescent and Family Counsellor, qualified facilitator in Teenage Positive Parenting Program (PPP) for Parents of Teenagers, Resilience Doughnut Model and Rage Program Facilitator

Call Meg on **6354 5912** to book a spot

NSW Spectacles Program and eligibility requirements

What is the NSW Spectacles Program?

The NSW Spectacles Program (the Program) assists financially disadvantaged people in NSW by providing free spectacles and other optical appliances to improve their vision and avoid preventable decline in eye health.

The Program provides funding to participating optometrists and optical dispensers to supply spectacles and other optical appliances to eligible clients free of charge.

The Program is funded by the NSW government and administered by Vision Australia.

What does the Program provide?

If you meet the Program eligibility criteria you are entitled to, in any two-year period to receive:

One pair of single vision spectacles; or

One pair of bifocal spectacles.

If you have particular clinical conditions, you may be entitled to other items including contact lenses, tinted lenses or low vision aids.

These items are provided free of charge through the Program. You can choose to pay an additional fee for items that are not available through the Program (such as multifocal or progressive lenses and non-standard frames).

Who is eligible to access the Program?

The Program is available to low income earners who meet the eligibility criteria:

Most providers participating in the Program are optometrists who can conduct your eye examination. Vision Australia's website (www.visionaustralia.org/spectacles) lists all participating providers across NSW.

Where can I get further information?

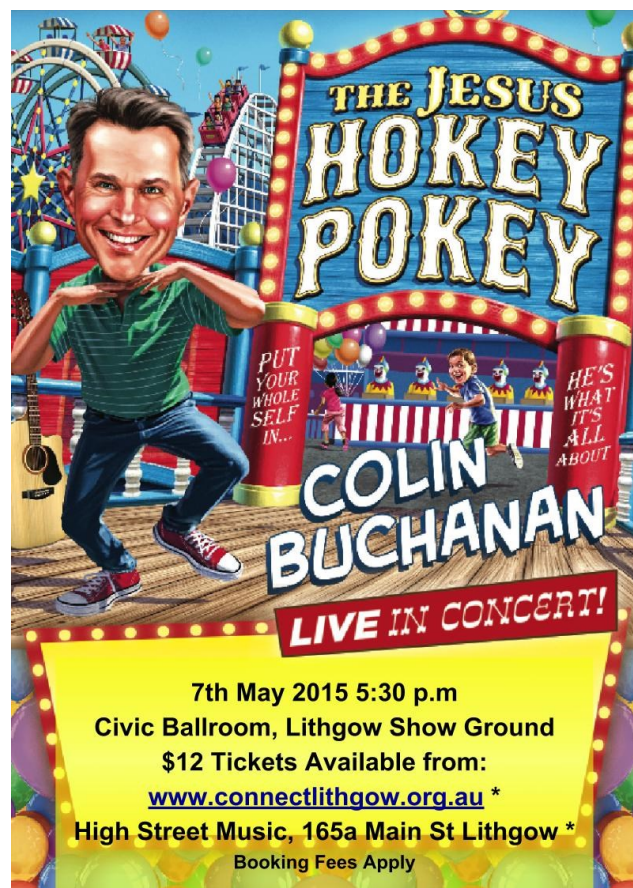
For further information on the NSW Spectacles Program, visit the Vision Australia website

www.visionaustralia.org/spectacles

Or contact Vision Australia on:

Phone: 1300 84 74 66

Email: info@visionaustralia.org



Eskbank House and Museum

Acting and Stage Craft Classes with Blast Furnace Theatre

Bennett Street, Lithgow

2 May to 27 June 2015 every Saturday

Classes:

Juniors: 7-11 yr. 10 – 11am. \$90 for a 9 week term

Intermediate: 12 – 13 yr, 11am – 1pm, \$180 for a 9 week term

Adult: 14 yr +, 2-4pm, \$180 for a 9 week term

Learn: Voice, movement, monologue Shakespeare, contemporary theatre, dance, singing, acting for film and television, masque, mime, pantomime, musical theatre, physical theatre and more.

Taught by Catherine Lockley from Blast Furnace Theatre.

For information and bookings call Wendy Hawkes on 6354 9999



Lithgow Pony Club is looking for new members!

Do you want to improve your riding skills while connecting with other local students? Lithgow Pony Club is accepting new memberships and would love to have you join us! Look us up on Facebook under 'Lithgow Pony Club' and send us a message, or contact club president Trish Cadalt direct on 0448 551 561. Whether you are a beginner or have been riding for years, we have an ability group to suit you and we look forward to seeing you on our beautiful club grounds!

BLAXLAND AND DAUGHTER PRESENT
Pioneers in Petticoats
A PLAY BY WENDY BLAXLAND

Eskbank House comes alive

ESKBANK HOUSE AND MUSEUM
BENNETT STREET
LITHGOW
2PM AND 6PM
SAT 30 MAY 2015
TICKETS \$24

BOOK TICKETS NOW
(02) 4730 6932
WWW.TICKETS4ME.COM.AU

WWW.BLAXLANDANDDAUGHTER.COM

Lithgow District Netball Association

NetSetGO is Netball Australia's introductory program for netball. It has been developed to provide children from the age of 5 to 10 years with the best possible introduction to Netball, ensuring enjoyment and continued participation within the sport.

Program commences Monday 4th May 2015
4pm-5pm for 10 weeks at Wang Indoor Stadium
Cost is \$55. Please contact Kerrie on 0411607287

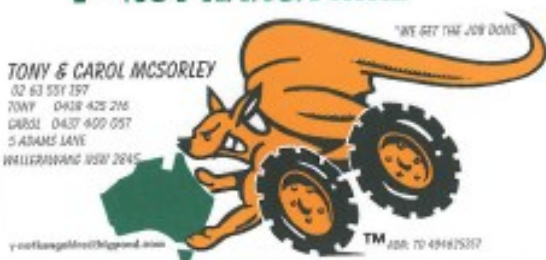
LITHGOW THISTLE SOCCER CLUB

Lithgow Thistle Soccer club desperately require players in under 7, under 8, under 9 and under 12. All previous players who played last year and are intending to play again this season, as well as any new players, please contact Lorraine Keay ASAP on 0419 621 426 or email thistlesfc@gmail.com if you are interested in playing. Competition starts Saturday 2nd of May.

Y - NOT KANGA HIRE

TONY & CAROL MCSORLEY
02 83 531 357
TONY 0438 425 216
CAROL 0437 400 057
5 ADAMS LANE
WALLERAWANG NSW 2845

yourkangahire@bigpond.com



Black Gold Crib Room Restaurant

Open for a Café Style Breakfast & Morning Tea

Or just a Cup of Tea or Coffee

Weekdays from 6:00am – 11:00am

Weekends from 8:00am -11:00am



Dinner Monday - Saturday 6:00pm

Mu Yeh Taekwondo



Do you want to improve your self-esteem, self-confidence, self discipline and general fitness? Learn the exciting Martial Art and Self-Defence system of Taekwondo! We cater for juniors, seniors, or the whole family! Mu Yeh Taekwondo specialises in street-wise, women's and children's self-defence. Enquire about our Little Dragons class for 4-6 year olds! Also, check out our Kick-fit fitness Class for adults. (no martial arts experience necessary)

After 15 years at Wallerawang, we have now moved to our fully equipped studio at Portland.

For more information phone Master Instructor Steve Ashbridge, 6th Dan Black Belt, on 0409 305 327. You can also visit our website at: www.muyehtaekwondo.com

Mother's Day

Every customer that has work done in the next 2 weeks goes into a draw* to WIN the following special from Stoo-de-ho 26

*Mini facial with neck and shoulder massage
Plus a free eyebrow wax*

* drawn on Friday 8 March at 4pm



Mackenzie Motor Mechanics
27 Wolgan St
Ph: 6355 5230



maintenance for your motor...



Nutrition Snippet

The simplest way

... to add healthy snacks to lunch boxes

Kids have little tummies and need small amounts of food often. Try these simple + healthy snack ideas in your child's lunch box:

- Plain air-popped popcorn (without salt or butter) mixed with sultanas + dried apple
- Dried fruit snack packs: buy them ready made, or make your own at home in reusable containers
- Fruit salads: buy small tubs of diced fruit in natural juice, or cut up small pieces of fruit + make your own!
- Crackers + veg: Slice up some avocado or tomato + send with some rice crackers
- Little veggie bags: cherry tomatoes, capsicum, carrot and celery sticks
- Frozen fruit bags: freeze grapes, orange quarters or strawberries + then send to school!



Remember: kids love small portions, so cutting up fruit + veg will help make sure they don't bring it home at the end of the day!

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



SPORTS TAPING COURSES

IN WESTERN NSW



FURTHER INFORMATION

Please wear comfortable clothing and bring a pen and paper.

Light refreshments will be provided.

Accredited by Sports Medicine Australia, these courses are suitable for all coaches, managers, players, parents or any sports volunteer looking to further develop their skills.

Introduction to Sports Taping

This course provides participants with the knowledge of strapping techniques, reasons why to strap, how to tape effectively and the value of using correct tape. Topics covered include taping for the ankle, wrist, thumb and elbow.

Advanced Sports Taping

Participants will learn taping techniques for the knee, shoulder, elbow and achilles. Introduction to Sports Taping is a pre-requisite for the Advanced Sports Taping course.

COURSE	COURSE NO.	LOCATION	DATE	TIME	COST
Introduction to Sports Taping	71763	Bathurst	18 March 2015	6pm - 9pm	\$60
	71766	West Wyalong	21 April 2015	6pm - 9pm	\$60
	71760	Orange	6 May 2015	6pm - 9pm	\$60
	71768	Lithgow	6 May 2015	6pm - 9pm	\$60
Advanced Sports Taping	71764	Bathurst	25 March 2015	6pm - 9pm	\$60
	71767	West Wyalong	28 April 2015	6pm - 9pm	\$60
	71761	Orange	13 May 2015	6pm - 9pm	\$60
	71769	Lithgow	7 May 2015	6pm - 9pm	\$60

Book now! Places are limited. Call (02) 6862 6623 or book online at

dsr.nsw.gov.au/training/region.asp?area=western



Website: www.wallerawan-p.schools.nsw.edu.au

Email: wallerawan-p.school@det.nsw.edu.au

