



# Wallerawang Public School



## Important Dates

TERM 4 November 2019	
Mon 11th	<b>Remembrance Day</b> 10.45 am School Hall <b>Early Birds Week 4</b> 9.45-11.00am <b>League Stars after school</b> 3.30-4.30pm Sportsfield
Wed 13th – Fri 15th	<b>S3 Canberra Excursion</b>
Mon 18th	<b>Early Birds Week 5</b> 9.45-11.00am <b>League Stars after school</b> 3.30-4.30pm Sportsfield
Wed 20th	<b>Opening of Memorial Garden</b> 2.15pm
Thur 21st	<b>LHS Science S3 in school</b>
Fri 22nd	<b>Assembly 9.15am</b> <b>School Spectacular</b>
Tue 10th Dec	<b>PRESENTATION DAY</b>

## Newsletter Term 4, Week 4– 8th November 2019

Principal: Mrs Jenny Lamborn  
Assistant Principal Early Stage 1/Stage 1: Mrs Amanda Brown  
Assistant Principal Stage 2: Mrs Katrina Foster  
Assistant Principal Stage 3: Mrs Katrena Fraser

Dear Parents/Carers,

Welcome to week 4.

### Early Birds

The Early Bird program has continued with our little ones for next year's intake. They are involved in activities with our kindergarten teachers and support staff. Each week they are settling a little more as they learn the routines and expectations of big school. The transition program successfully incorporates familiar faces from Pied Piper Preschool to help them adjust. These partnerships are an essential part of a collaborative approach to school transition as we work together so every student is known, valued and cared for. Over the next two weeks our Early Birds and families will be involved in school activities including Remembrance Day and a Presentation of our schools creative talents.

### Twilight Fete

Last Friday evening the Wallerawang/Lidsdale P&C association combined with school staff to pull together an evening of entertainment and fun. The weather was just perfect reflecting an enjoyable family evening. Ms Gurney and the talented performers started the evening.

29 Barton Avenue, Wallerawang NSW 2845  
PO Box 21, Wallerawang NSW 2845  
Phone: 6355 1210

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### **Principal's Report Continued:**

This incredible showcase of dedication and talent was a credit to both Miss Gurney and the students. Despite the technical difficulties the students unphased continued performing to a very appreciative audience, who acknowledged the confidence and skills this Creative Arts opportunity provides our students. During the evening we were all entertained by the combined talents of Stolen Profits and Bonnedoon. The rides, novelty games and stalls kept everyone entertained for many hours. Thank you to the Men's Shed who provided their services to cook the BBQ which resonates the wonderful community we have with everyone willing to help each other out. The fire brigade and police volunteered their time to give the students a taste of what this line of work involves, interacting positively with the children. The Chocolate Wheel was a huge success, thanks to the generosity of our local community and businesses. Local stall holders contributed to the evening, providing choice and variety for purchase. Tickets will continue to be sold for the P&C Christmas raffle for a night at the luxurious Emirates resort. Thank you to all involved in the Twilight Fair, particularly Renee Bradford and the hardworking group of P&C Executive and members whose tireless effort organising the evening is certainly acknowledged. As payments are finalised the final takings will be revealed. Go team Wang!

### **Swim School**

There is no doubt that the week swim school starts the weather again turns cold, but our brave students have been learning and refining their swimming skills. Thank you to Miss Mitchell for her coordination.

### **Stage 3 Canberra Excursion**

Next Wednesday our stage 3 students are heading to Canberra for a 3 day excursion. They have been looking forward to this with anticipation. Mrs Fraser and the Stage 3 staff have been preparing for the adventure over many months. We wish them a safe and enjoyable trip as they explore Canberra and we look forward to hearing about their experiences.

### **Week 5 organisation**

Next week there will be some changes of routine: from Monday afternoon I will be out of the school until lunchtime Friday. I will be in Sydney until Thursday night at an Instructional Stream Principal Leadership Professional Learning and Friday morning at Finance training. Mrs Fraser will relieve as Principal on the Monday and Tuesday with Ms Foster taking over on the Wednesday and Thursday when Mrs Fraser is in Canberra. Mrs Brown will be on LSL during this week and Ms Reid will relieve as Assistant Principal.

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## Outdoor Learning Area and Memorial Garden – opening 20<sup>th</sup> November

The Outdoor Learning Area and Memorial Garden has been a long term planned project over many years. The fundraising efforts of the Wallerawang/Lidsdale P&C association and the focused determination of the school to create a reflective, passive and educational area to support an inclusive school culture has ensured a lovely space has been designed and completed. ***The opening will be held next to the garden on Wednesday 20<sup>th</sup> November at 2.15pm.*** It will involve all 3 aspects of the garden cultural, sensory and sharing of special memories. We would love to have the school community attend the official opening.

Have a great fortnight.

*Jenny Lamborn*  
*Principal*

### Wallerawang Public School Remembrance Day Assembly



***Monday the 11<sup>th</sup> of November, 2019***  
***10:45 am in the school hall***

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# STAR CLASS FOR WEEKS 3&4

## 1/2 PINK

**1/2 Pink who have been Respectful, Responsible and Safe students in our school**



# Congratulations!

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# Classroom Expectations

*In Week 3 and 4, students will be practising classroom expectations and boot camp daily routines.*

**Learning intention:** We are learning to **follow classroom expectations** and **boot camp daily routines**. Why? So we can **improve our education** in all areas and **become self-regulated, independent learners** who strive for success.

## Be Respectful in the classroom:

- ✓ Use kind words and actions
- ✓ Raise your hand when you want to speak
- ✓ Encourage others to do their best



## Be Responsible in the classroom:

- ✓ Take care of equipment
- ✓ Allow others to learn
- ✓ Follow instructions
- ✓ Sense of Urgency - get started on your work quickly



## Be Safe in the classroom:

- ✓ Follow instructions
- ✓ Be in the right place at the right time
- ✓ Look after your belongings
- ✓ Hands and feet to self (KAHFOOTY)



*Parents, you could talk to your child about following classroom routines and expectations and the importance of learning.*

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## WHEN DOES TECHNOLOGY USE BECOME A WELLBEING PROBLEM?



I had the privilege of meeting with Dr Philip Tam, Child and Adolescent Psychiatrist this term who shared his research and practical advice in relation to both preventing and obtaining help for *Problematic Internet Usage*. There is a lot of advice available and I will aim to share it over a number of weeks in an attempt to help you and your family develop a balanced plan for the use of big and small devices (iPads, Xbox's, PlayStations, smartphones, laptops, DS's, Televisions etc.).

### Part 1: "Get off that computer now!"

How many times has that been said in your household?

How does this problem arise? Do these issues apply to you?



- *A parent has used screens as a babysitter in the past and now wants to change this arrangement;*
- *A child perceives you as being unreasonably strict with screen usage;*
- *A parent knows their child cannot self-regulate their time on screens and isn't sure what to do;*
- *A parent is worried about the effect of computers and video games on their child's moods, socialisation and learning;*
- *A parent without a plan and unsure how to create one;*
- *A parent who sees their child as having a computer or video game obsession and must stop it;*
- *A child who has learnt to play a power game with the home devices;*
- *A child without real world friendships trying to connect and entertain themselves online.*

### Finding a balance takes more than you think!

Video games are intoxicating in their appeal – they're fun, have fast and furious action, the challenges invite you in, and the screens are constantly feeding your brain with rich visual and auditory stimuli with minimal effort from you. These stimuli are so powerful that they set up a positive feedback loop hard to break. What's more the 'off switches' have not yet developed in a child's brain and don't fully develop in girls until 24 years of age and in boys until around 26 years of age. This makes it unrealistic to expect them to self-regulate. Even receiving a text message has been likened to receiving a hit from a drug. The more you receive, the more you send, and the better you feel (if they're positive of course).

With the addition of Problematic Internet Usage to the Diagnostic Statistical Manual for Mental Disorders (DSM-V) Dr Phillip Tam has developed some timely advice for parents and families here:

<https://creatingsynergy.org.au/wp-content/uploads/2019/08/Tam-HO-1.pdf>

And a podcast here: <https://www.knox.nsw.edu.au/latest-news/knox-parenting-and-digital-health-podcasts>

Debra Mainwaring, School Psychologist and Endorsed Educational & Developmental Psychologist  
3/11/2019

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# LITHGOW BLAST

A FREE CONCERT FOR DROUGHT-AFFECTED COMMUNITIES  
BLAST FURNACE PARK, LITHGOW



**SATURDAY 16 NOV | 2-9 PM**

**ODETTE**

**THE DELTA RIGGS**

**YOURS TRULY CITIZEN KAY CLAUDE HAY  
HOLLOW POINT PHAT BRASS AND MORE**

**FOOD AND MARKET STALLS  
FREE SHUTTLE BUSES FROM THE CBD**



**RHYTHM SECTION**  
MANAGEMENT BOOKINGS BEATS

All-ages alcohol free event, for info go to [lithgowblast.com.au](http://lithgowblast.com.au)

A project funded through the Commonwealth Government Drought Communities Program

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# Term 4 Week 4

## Assembly

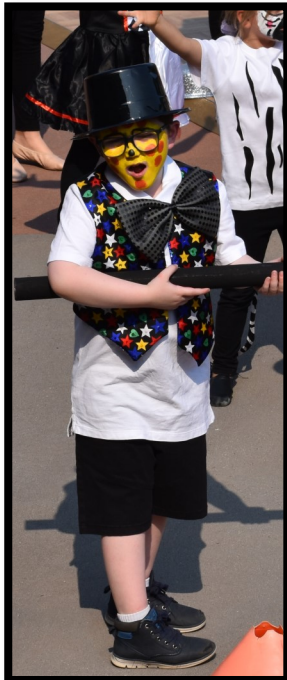


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# TWILIGHT FETE

# 2019



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# BRILLIANT AT BEING RESILIENT



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# WALLERAWANG / LIDSDALE

## P & C RAFFLE

**1<sup>ST</sup> Prize:** One night mid-week accommodation at Emirates One & Only Wolgan Valley in a Heritage Villa for 2 adults

**2<sup>nd</sup> Prize:** Luxurious iKOU pamper pack including: Diffuser Reeds, Aromatherapy Bath Soak & De-Stress Lotion Pack



TICKETS \$1.00 each



Drawn: Tuesday 10 December - Presentation Day

**TICKETS TO BE RETURNED SOLD OR UNSOLD BY  
FRIDAY 6TH DECEMBER 2019**

### Australian Government Funding

Later this term, Stage 3 students from our school will be undertaking an education tour of the national capital, Canberra.

Students will be given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.

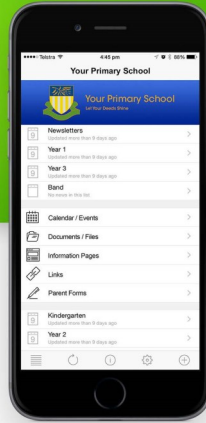
The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$20 per student under the Parliament and Civics Education Rebate (PACER) program towards those costs. This amount has been factored into the total cost, along with a school rebate of \$20 per student from school funds, offering a valuable experience for our students at a reduced cost. The Parliament and Civics Education Rebate is paid directly to the school upon completion of the excursion.

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# SchoolEnews

Schools send free alerts and notes, newsletters, notices, events, news and more to parents.



*School Enews delivers news directly to parents and students!*

## How to install your School App

### iPhone and iPad Users

- 1) Press App Store icon on your device
- 2) Press Search and type in your school name
- 3) Press "Get", the app will download
- 4) Press "Open" and accept "push alerts"

### Android Users

- 1) Press Play Store icon on your device
- 2) Press magnifying glass and type in your school name
- 3) Press "Install", the app will download
- 4) Press "Open"

### Configure Push Alerts

- 1) Press "Settings / Cog" icon
- 2) Turn off the lists you don't want

### Other Smartphones and Tablets

Visit <http://app.schoolenews.com> for more apps



## Subscribe for Email Updates

- 1) Visit your school website on your computer or device
- 2) Click "School Enews" or "Newsletters & Notes" top heading (might differ slightly)
- 3) Under the "Subscribe" heading, tick on appropriate lists
- 4) Enter in your name and email address.
- 5) Click Subscribe (IMPORTANT: An email will be sent to your email address, you MUST click the "Activate Now" inside this email that is sent to you)



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## CANTEEN ROSTER

### November

Mon 11th	Sonja Ward Maureen Burley
Tue 12th	<b>CLOSED</b>
Wed 13th	Kylie Williams Glenda Schroder
Thur 14th	<b>CLOSED</b>
Fri 15th	Elise Thomas Hannah Pender
Mon 18th	Sue Warner Alison Lane
Tue 19th	<b>CLOSED</b>
Wed 20th	Kerry Brown Melody Kent
Thur 21st	<b>CLOSED</b>
Fri 22nd	Kristin Law Christine Hicks Rebecca Hicks

## ACTIVE ANTS

### KIDS FITNESS & RUNNING CLINICS

MONDAY 3.45PM AND/OR WEDNESDAY 3.45PM

An active Kids Voucher Registered Provider

Contact or Follow Us: M: 0427 268 348

Web: [www.antfitness.com.au](http://www.antfitness.com.au)

**UNIFORM SHOP WILL BE PLACING AN ORDER WITH OUR SUPPLIER SO IF YOU NEED ANYTHING PLEASE ORDER BEFORE 15TH NOVEMBER. THIS WILL BE THE LAST ORDER TILL MID TERM 1, 2020.**

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