



Wallerawang Public School



Important Dates

May 2019	
Mon 13th	Boys & Girls Western Touch Football Dubbo
Tue 14th	NAPLAN
Wed 15th	NAPLAN
Thur 16th	NAPLAN
Fri 17th	Infants Athletics Carnival NAPLAN catchup
Mon 20th	Yrs 3-6 Athletics Carnival
Tue 21st	GRIP Leadership PSSA Rugby League
Thurs 23rd	Sorry Day Assembly Aboriginal Community Morning Tea

Newsletter Term 2, Week 2– 10th May 2019

Acting 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,

I write the newsletter as I return from a day of Professional Learning with Lyn Sharratt on Thursday in Bathurst accompanied by Mrs Bennett, Mrs Dogger, Mrs Fraser, Ms Foster and Mrs Brown. The day involved conversations and collaboration as we worked together with Lyn as the lead learner. As a school, we have been using the research of Lyn Sharratt and Michael Fullan as we work collectively on school and student improvement. To-day was an incredible opportunity to listen and work with Lyn in ensuring Clarity in the work we do daily. Thank you to Miss Coady for relieving Thursday as Principal.

ANZAC Day

Thank you to the students and staff that joined in the ANZAC March during the school holidays. The veterans and their families and the Wallerawang community appreciate the involvement. We held our ANZAC service at school last Friday. The students are congratulated for the respectful way they conducted themselves throughout. Thank you to the school leaders for leading us through the service and to Miss Maiden and Mrs Fraser for their organisation of both. This year Mr Feltham was unable to attend but on behalf of the Feltham family Mrs Fraser presented some books to the school and was able to read one during the service. The contribution to the school each year is valued and appreciated.

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School Vision: *To provide a happy, consistent, caring and educationally stimulating environment where children will recognise and achieve their fullest potential, so that they can make their best contribution to society in future years.*

Cross Country

The school cross country was held last Friday, although the conditions were not ideal we were able to get it finished before the heavy rain started. Thank you to Ms Schenk for her organisation and to the staff and parents who assisted with the event. Congratulations to all students for their efforts in completing the course and to our students who placed in their age groups. The first 6 places for students 8 years and up will compete in the District Cross Country at Lake Wallace on the 31st May. This event will be organised by Wallerawang PS and we will please need assistance with the BBQ.

Mother's Day Stall

On Monday and Tuesday the P&C, along with parent and grandparent volunteers sold beautiful Mother's Day items purchased for the students by Lauren Browne. There was a lovely selection of gifts for the students – Thank you Lauren. I would like to thank Henry Shelby and Bronte's grandfather for growing chrysanthemum's from a cutting to be sold at the stall. These were certainly a popular item.

Athletics Carnival

The decision was made on Wednesday to postpone the Primary Athletics Carnival due to the weather. This has been rescheduled for the 20th May. Many hours of work goes into the organisation of this and Mr Campling has been putting in many extra hours to ensure everything is in place. It would be appreciated if you could volunteer your time to assist with the BBQ and the events on the 20th. Mrs Dogger and Miss Reid are busily preparing for the Infants Athletics Carnival on 17th and once again they are looking for assistance on the day. Let's hope we can get a couple of lovely Autumn days before Winter hits in force.

Boys and Girls Soccer

The beginning of term 2 is always busy with PSSA Winter sport. Today both the girls and boys are playing soccer at Delta Park against Zig Zag. We wish them well and look forward to the results. Thanks to Ms Schenk, Miss Colless and Mr Milne for coaching the teams. News just in Girls won 9 to 2 and the boys won 16 nil.

Western Touch Football Trials

On Monday the Western Touch football trials will be held at Dubbo. All the best to our boys and girls who are representing the Lithgow district in the trials for Western selection.

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NAPLAN

NAPLAN testing is on Tuesday, Wednesday and Thursday next week, with a catch up day Friday for students away during any of the tests. NAPLAN will be held for years 3 and 5. You previously received a parent information flyer about NAPLAN. At Wallerawang we haven't moved to the online test and will still be completing the paper version. I encourage students to give the assessment their best as a measure of what the students can do to inform our teaching programs and use it as part of other daily assessment measures to inform practice in classrooms.

Western Basketball

Congratulations to Jai McMillan who has spent the last 3 days representing in Western Basketball. We hope Jai has enjoyed the experience and will use the skills gained to further his basketball.

I would like to offer my sincere condolences to the family of Pam Green. Pam was a valued member of the administration staff for many years at Wallerawang. Past staff and students will remember her fondly and the contribution she made to the school. May Pam Rest in Peace knowing that she left a lasting legacy on staff and students.

I hope that you all enjoy Mother's Day in an environment of love and appreciation in what we sometimes take for granted in our busy lives.

A Mother's Love
Of all the special joys in life,
the big ones and the small,
a mother's love and tenderness
is the greatest of them all.
~ Anon.

Jenny Lamborn
Acting Principal

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STAR CLASS FOR WEEKS 1&2, 1/2 PINK

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



Congratulations !

A message from the Office!

Family School Contributions are due Now!

\$30 per student, max of \$60 per family.

Family Contributions cover such costs as paper, photocopying & workbooks etc. and is required to be paid as soon as possible as we order school supplies constantly throughout the year.

Parent's/Carers if you need to order School Leaders, SRC, House Captains, Whole School Photo's, re-order envelopes for these are available at the front office.



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Public Speaking Competition

Our annual Public Speaking Competition is underway with students presenting and enjoying some wonderful speeches within their class.

Once every child has delivered a speech, semi-finalists will be chosen from each class. Semi-finals will then be held for Stage teachers to select the winner per grade. Class teachers will advise students if they are required to present their speech again in the semi-finals.



At a special assembly on **Wednesday 5th June (Week 6)**, the **3 finalists from each grade** will present their speeches before the school and a panel of 3 judges. The Early Stage 1 and Stage 1 finals will be conducted from 10.15 am. The Stage 2 and 3 Finals will be held following recess, commencing at 11.35 am. Parents of those children speaking in the finals will be advised by Week 5. Everyone is welcome to attend these special assemblies.

Zeus Humphries

Public Speaking Coordinator

ASSEMBLY WEEK 2 TERM 2



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SCHOOL SORRY DAY

Wallerawang Public School will be holding an assembly to recognise Sorry Day at 9.10am Thursday 23rd May. Students will then participate in activities based on this years National Reconciliation Week theme of 'Grounded in Truth - Walk Together with Courage'. Parent's, carers and the wider community are warmly invited to attend.

An Aboriginal Community Morning tea will be held in the library at recess on Thursday 23rd May. The day will be led by members of the Gugaa Group. Please come along for some bush tucker and a yarn about what has been happening in Aboriginal Education at our school.



COUNTRY WOMEN'S ASSOCIATION INTERNATIONAL COUNTRY OF STUDY 2019: PAPUA NEW GUINEA

Dear Year 6 Parents & Carers,

Students in Year 6 at Wallerawang Public School will partake in a study of Papua New Guinea in partnership with the Country Women's Association.

Students will present their projects on the morning of the 30 May from 9.30-11.30am in the school hall. This will be followed by a delicious morning tea provided by the CWA to celebrate the students work. You are warmly invited to attend and see the wonderful work that our students have created. There will also be a fundraising morning tea at the event at the cost of \$8 for adults. The profits will go to supporting overseas countries in need. The CWA also kindly asks for a gold coin donation to raise funds for 'Friends of the CWA'.

We hope you can come along and join us on the day!

Miss Coady

Classroom Teacher

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Wallerawang Cross Country 2019 Results

	First	Second	Third	Fourth	Fifth	Sixth
5 Years Girls	Audrey Smith	Zoey Curran	Delilah Blackwell	Abby Willis		
5 Years Boys	Jaxon <u>Menchin</u>					
6 Years Girls	Georgie Dray	Lauren Duncan	Phoenix Howard	Alexa Baker	Lexie Collins	Mackenzie McLeod
6 Years Boys	Oscar Francis	Max Rodgers	Jace <u>Sheehan</u>	Jordan Cain	Ryley Thomas	
7 Years Girls	Charlotte <u>Dellabosca</u>	Emily Reeve	Emily Warner	Sasha Carter	Chloe Palmer	Seleane Reid
7 Years Boys	Jaxxon <u>Woolsey</u>	Lachlan Pender	Toby Meyers	Nate Willmott	Nate Thomas	Heath Brasher
8/9 Years Girls	Pearlie Woolsey	Andrea Fitzgerald	Lilly <u>Dellabosca</u>	Bronte <u>Anthes</u>	Charlie Williams	Matilda Starkey
8/9 Years Boys	Harry Milne	Rory Dunn	Koby <u>Neil</u>	Josh Purdon	Connor Milne	<u>Macauley Desch</u>
10 Years Girls	Bridie Ward	Kelsie Handley	Alexandra <u>McLoughlan</u>	Hayley Palmer	Ella Taylor	Claire Taylor
10 Years Boys	Kai Neil	Curtis Brown	Brodie Carter	Lowan Francis	Max Alexander	Matthew Purdon
11 Years Girls	Abbey Taylor	Hayley <u>Menchin</u>	Ruby Dunn	Macy Brown	<u>Ellablu Boyling</u>	Emily Case
11 Years Boys	Rydah <u>Woolsey</u>	Ashton Morris	Billy Taggart	Hayden Way	<u>Joshua Doalman</u>	Wyatt West
12 Years Girls	Jarrah Café	Jessica <u>Gearside</u>	Alexis Rich – Hughes	Kyra Walsh	Phoebe Milne	Millie Francis
12 Years Boys	Cooper Brown	Bryce Carter	Jai McMillan	Cody Phillips	<u>Mitchell Desch</u>	Ty Hanrahan



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Wallerawang Public School

Student Wellbeing

Walk Away



This week's school wide focus is:

Knowing when to report problems and ask for help

Focus: Not reacting to students who are trying to gain social/peer attention in inappropriate ways, report small problems before they become big problems and asking for help is ok, it's not dobbling!

In Week 1 and 2, all students will practise knowing when to report problems and ask for help in all settings

Important rules to remember:

Be Respectful and know when to report problems and ask for help:



- ✓ Speak calmly at all times
- ✓ Calmly ask students to STOP! (When they are upsetting you)

Be Responsible and know when to report problems and ask for help:

- ✓ Report the facts (exactly what has happened)
- ✓ Walk away from the problem
- ✓ Be an upstander
- ✓ Ignore attention seeking behaviours
- ✓ Do not participate/copy attention seeking behaviours
- ✓ Asking for help is ok, it's not dobbling!



Be safe and know when to report problems and ask for help:

- ✓ Report big problems immediately to staff
- ✓ Keep hands and feet to self at all times

Parents – you could talk to your child about the importance of:

- ✚ Reporting problems and asking for help
- ✚ Using your words to ask others to STOP!
- ✚ Ignoring and not copying inappropriate behaviour



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The simplest way

... to add variety to the lunch box

Does your child get bored with their lunchbox?

Making a few small changes can keep it interesting. Try these quick tips to add variety



- **Mix up the breads** - instead of sandwich bread try: rolls, wraps or pita pockets.
- **Fruit** provides endless possibilities for variety, pack: different coloured, fresh, whole, diced, sliced, canned or dried fruit.
- Use our [interactive lunch box builder](#) and get your children to choose what they would like packed in the lunch box.
- Try some new [sandwich filling ideas](#) - visit our website for quick, easy and tasty filling combinations.
- Check out our website for new [healthy snack ideas](#).
- Cook extra for dinner and pack leftovers for lunch.

For more tips, recipes and ideas visit our [website](#).

healthylunchbox.com.au

The simplest way

... to choose foods for the lunch box

Pick one food from each food group:

Breads & Cereals: rich in carbohydrates, the body's preferred source of energy – perfect for kids to play and learn all day.



Vegies & Salads: high in fibre and packed full of vital vitamins and minerals to boost health and help maintain a healthy weight.

Meat & Alternatives: rich in protein, iron and zinc.

Dairy: important for growing healthy bones and teeth.

Fruit: naturally sweet and refreshing the perfect snack for growing bodies.

For simple ideas on foods from each group visit healthylunchbox.com.au

healthylunchbox.com.au

The simplest way

... to make vegies easy to eat.

Eating 5 serves of vegetables and 2 serves of fruit each day doesn't need to be a chore.

It's easy to reach these targets if you **spread your fruit and veg out** throughout the day.



Breakfast: Start your vegie intake in the morning with avocado or baked beans or tomato on toast

Morning tea: try some [zucchini slice](#) or wholegrain crackers and hummus.

Lunch: Include some salad with lunch. Try our tasty [salad recipes](#).

Afternoon tea: have your favorite piece of fruit.

Dinner: Try our delicious vegie filled [recipes](#).

Dessert: Berries and yoghurt or [healthy apple crumble](#).

healthylunchbox.com.au

The simplest way

... to ensure your child is eating from the five food groups

Try our nutritious [Chicken Burrito Bowl](#) which ticks off three of the five food groups.



Together with a piece of fruit and some dairy, such as a tub of reduced-fat yoghurt, lunch is sorted!

healthylunchbox.com.au

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WALK SAFELY TO SCHOOL DAY
FRIDAY 17 MAY 2019
ACTIVE KIDS ARE SMARTER KIDS

A challenge to all Australian Primary Schools and Councils

National Walk Safely to School Day (WSTSD) is on Friday 17 May 2019. Now in its 20th year, the annual campaign and community event encourages all primary school children, their parents and carers to walk and commute regularly and safely to school.

The event seeks to promote road safety, health, public transport and the environment.

Australian children are becoming less active. One substantial contributor is the decline in walking and/or taking public transport to school. Children who are regularly physically active are healthier, perform better academically and are less likely to be obese or overweight. Sedentary behaviour can lead to long-term and costly risks of illnesses such as heart disease and diabetes. Walking regularly is the best exercise because you can build it into your daily routine.

The objectives of National Walk Safely to School Day are:

- To encourage parents and carers to walk to school with primary school age children
- To promote the health benefits of walking and create regular walking habits
- To help children develop vital road crossing skills and ensure children up to the age of 10 years hold an adult's hand when crossing the road
- To reduce car dependency and traffic congestion
- To reduce the level of air pollution created by motor vehicles
- To promote the use of public transport

How your School and Council can be involved (detailed information is at walk.com.au):

Enclosed is the WSTSD kit which contains stickers and posters for school and council noticeboards. We ask that every student wears a sticker on the day to help promote this important community event. Other ideas include:

- Use the teachers' look kit and publish WSTSD information in your school's newsletter
- Display the poster on your noticeboard and around school (print more from our website)
- Print and colour in the online poster
- Ask your P&C and council to help promote and support the campaign and event
- Host a Healthy Breakfast (ask your P&C, council and local supermarket / grocery store to sponsor a breakfast at your school)
- Tell your parents, friends, carers, teachers and local businesses about the event
- Encourage parents or carers who have to drive to park at least 10m away and walk to school
- Register your school as a WSTSD Ambassador and assist with publicity

Thank you for your support and participation.
Pedestrian Council of Australia



Until they're ten, children must always hold an adult's hand when crossing the road

WALK.COM.AU

f @nationalwalksafelytoschoolday @natwalktoschool #WSTSD

SUPPORTED BY THE AUSTRALIAN GOVERNMENT AND ALL STATE, TERRITORY AND LOCAL GOVERNMENTS

NEED TO TALK TO A TEACHER?

Visit the front office and leave a message	
Phone the school and leave a message 02 6355 1210	
Email the school with your message wallerawan-p.school@det.nsw.edu.au	
Teachers will organise an appointment to talk with you	
Please be mindful that teachers are unable to talk with you during:	
Preparation time	
Teaching time	
Assembly time	
Playground duty	



SHOOSH FOR KIDS



Shoosh for Kids is a collaborative effort between the Office of Sport and State Sporting Organisations to promote positive behaviour to members, clubs and associations.

The general rule is if you haven't got anything nice to say, not to say anything at all.

Visit the Office of Sport website to find out more and show spectators and members where you stand on poor spectator behaviour during awareness week, **20 - 26 May**. Let's keep kids coming back to junior sport!



f #shooshforkids | sport.nsw.gov.au

Shoosh for Kids is proudly supported by:



Some tips for adults at kids sport:

-  Keep it fun - don't take it too seriously
-  Be enthusiastic - but don't scream and shout instructions from the sideline
-  Emphasise trying hard - not winning
-  Cheer and acknowledge good play from all sides and teams
-  Accept decisions from officials. They're human - they make mistakes.
-  Let coaches do the coaching.
-  Always remember - volunteers run kids sport.
-  Understand, uphold and support your club's code of conduct.
-  Allow your child to play for themselves. Let kids make decisions, on and off the field.
-  Think before you speak - your words may harm others.

SHOOSH FOR KIDS



f #shooshforkids | sport.nsw.gov.au

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Lithgow High School

Promoting Excellence In A Caring Educational Environment

Looking for a Secondary School for your child?

Lithgow High School Year 7 2020

Parent Information Evening

Tuesday 28th May - 6.00pm - 7.30pm

School Library

Building Success for all Students

- ◆ *Proud tradition of Academic, Vocational, and Sporting Achievement*
 - ◆ *Diverse, extensive range of electives to engage all learners*
 - ◆ *Award-winning Visual and Performing Arts Programs*
- ◆ *Innovative STEM (Science, Technology, Engineering & Maths) programs*
 - ◆ *Multiple learning support and well-being programs*
 - ◆ *VIVO – Student reward program*
 - ◆ *Robotics Elective and Aviation HSC Course*
 - ◆ *Well-being Centre*



For further information or enrolment applications, please phone:

Telephone: 6352 1422 **Fax:** 6353 1081 **Email:** lithgow-h.school@det.nsw.edu.au

Website: <http://www.lithgow-h.schools.nsw.edu.au>

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UNIFORM SHOP

Uniform Shop will be open.
Even weeks on Thursdays between 2-3pm



Book Club LOOP
for Parents

LOOP is the Scholastic Book Club
Linked Online Ordering & Payment platform for parents.
To order and pay for Scholastic Book Club by credit card visit:
www.scholastic.com.au/LOOP




Book Club Information

All orders are now completed online in '**LOOP**' (Linked Online Ordering & Payment) system for parents/carers allowing you to place an order and make the necessary payment. Go to **scholastic.com.au/LOOP** for this option.

The school earns reward points for each order placed and these points are converted throughout the year to add new books to our school Library. Please note: All books/items ordered will be forwarded to the school approximately 1 week after the closing date and then sent home with students.

CANTEEN ROSTER	
May	
Mon 13th	Sue Warner Vicki Shumack
Tue 14th	CLOSED
Wed 15th	Melody Kent Kerry Brown
Thur 16th	CLOSED
Fri 17th	Kystan Griffiths Kasy Anthes
Mon 20th	Kristy McManus Sonja Ward
Tue 21st	CLOSED
Wed 22nd	Sheryl Hampson Vandhana Reddy
Thur 23rd	CLOSED
Fri 24th	Glenda Schroder Kylie Williams

2019 School Contributions are now due

\$30 FOR ONE STUDENT
\$60 FOR A FAMILY

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