



Wallerawang Public School



Newsletter Term 3, Week 2– 2nd August 2019

Important Dates

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

Aug 2019

Mon 5th	Combined Schools Education Week Assembly 10am Lithgow Public
Wed 7th	Education Week Assembly 9.15am
Fri 9th	District Athletics Lithgow
Mon 12th	P&C Meeting 6.30pm Library
Tue 13th	Year 6 Cake Stall
Tue 20th	Book Week Assembly & Book Fair 9.30am

Dear Parents/Carers,

Welcome back to Term 3. At this stage of the year we are left wondering where the last 6 months have gone. It has been an extremely busy and productive year for us at Wallerawang. We have been involved in research based learning and collaborative practice – knowing, valuing and caring for every student, with every student, teacher and leader improving every year. The journey of school and student improvement is one where through shared beliefs and understandings we work alongside each other to achieve our school vision. I look forward to working with you all during Term 3 in a positive partnership and valuing your input as your child's first teacher.

Staff Development Day

On Monday 22nd July Wallerawang school staff joined with other schools of the Lithgow Valley Network. The Lithgow Principal Network have been focussed on wellbeing and social and emotional regulation so every student can connect, thrive and succeed. Our combined focus as schools of the Lithgow Valley is for Greater Lithgow to be a safe, respectful and responsible community reviving the values in the local community, and embedding social and emotional regulation into the curriculum.

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Principal's report continued:

We have been planning, coordinating and implementing local celebrations and events to unify our schools and promote wellbeing. Social and emotional lessons have commenced at school transition points. The longitudinal research is very interesting in regards to how our dominant values have shifted. Fame is now the most valued quality amongst our youth, with kindness and helping others dropping out of the top 10 to 13th place. Community feeling was 1st in 1967, 1977, and 1997 and 2007 it also fell out of the top 10. Fame, achievement, popularity, image and financial success now replace the dominant values of 1997 – community feeling, benevolence, tradition and self-acceptance. The biggest change occurred from 1997 – 2007 when social media exploded in popularity.

The Staff Development day involved Professional Learning, collaborative planning and future focus as we work together in our Communities of Practice for our students and collectively as staff. I would like to thank Wallerawang School staff Katrina Foster and Kelly Gurney for planning and presenting a workshop on Mathematics and Katrena Fraser for working with teachers on 6-7 transition planning. Our PBL showcase coordinated by Amanda Brown and supported by the PBL team was well received. Building the capacity of each other is an important part of our role as leaders in schools and Wallerawang staff are very good at sharing their knowledge.

Thank you to Lithgow High School for hosting the day and all involved in both organising and presenting. The Lithgow High canteen and the Lions Club catering was outstanding and they are thanked for their efforts.

A positive and focussed day to begin Term 3.

Staffing

We would like to give Debra Mainwaring a WARM WALLERAWANG WELCOME. Debra has been appointed as our School Psychologist and we are very excited to have her as a part of our collaborative team. She comes with wealth of knowledge and skills and will be a great asset to our school. Debra will be at Wallerawang every Tuesday and every even week on Friday's.

We welcome Mrs Campling back for semester 2. Mrs Campling is replacing Mrs Dick who is on LSL for the remainder of the year.

Boys Hockey Semi-Finals

On the first day back at school our students and I had the pleasure of watching our boys team play in the semi-finals against Wellington Public School. I would like to congratulate the team of boys and Miss Reid for their wonderful never give up attitude. It is encouraging to see. Congratulations boys, your attitude and sportsmanship said a lot more than the score. I would like to acknowledge and thank Wellington PS who travelled when it was their home game rather than us having to go the extra distance to Dubbo.

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District Athletics Carnival

On Friday 9th August the Lithgow District Athletics Carnival will be held. Mr Campling has been working hard compiling entries for the events and supporting Lithgow Primary with organisation.

CSU Practicum Students

During 9 weeks of term 3 students from CSU are working alongside Mrs Bennett and Miss Coady. We welcome Olivia Thurtell, Jake Lewis, Megan Kappos and Claire Pilbeam to our supportive school environment. We know that they will enjoy their time with us.

Lithgow High School Work Experience students

As part of Lithgow High's work experience program Piper Anderson, Bethany Hagar and Jewel Small have been working across the school this week getting to know the students and an insight into what it is like as a teacher and SLSO.

Outdoor Learning Space and Memorial Garden

You may have noticed as you have passed the school works have commenced on the Outdoor Learning Space and Memorial Garden. This has been a long term fundraising venture of the Wallerawang/Lidsdale P&C association and many of you have contributed to ensuring this has come to fruition. We look forward to working with Chris Ray – Landscaping and Dean Horton Builder through the construction. Students will be involved after the initial stages are completed.



P&C Wood Raffle

Thank you to Ben King who has cut and donated a load of wood for our P&C raffle. What a great time of the year to win a load of wood. Ben has kindly offered to deliver the wood to the lucky winner within a reasonable distance. The lucky winner is Michelle Lane.

Professional Learning

Professional Learning is important in building the capacity of all teachers and leaders. This occurs regularly within the context of our school, but sometimes we take extra opportunities offered to continue to build our knowledge. Yesterday and today Mrs Fraser and I have been involved in Growth Coaching at CSU. We look forward to sharing what we learn.

Public Speaking and Athletic Champions

Congratulations to the students presented with Public Speaking and Athletic Carnival trophies today. A nice acknowledgement and keepsake of school achievement.

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Allan Beecroft Sports Award

Congratulations to Jai McMillan for receiving the Allan Beecroft award this morning for his selection in both the Western Region Basketball and Hockey teams. I know that Jai's sporting ability and sportsmanship contributed to both teams.

Congratulations to Bailee Honeysett who is also the recipient of the award for her involvement in the Western Region soccer team. I know Bailee enjoyed her experience and this was a wonderful opportunity for her to learn new skills.

Thank you to the P&C for supporting the award in Mr Beecroft's name to recognise the contribution he has made to the school over the years. It is always a pleasure to have Mr Beecroft in attendance to present the awards.

Lithgow Network Combined Schools Education Week Opening

On Monday 5th August students and staff from Lithgow Valley Schools will join together for an Education Week opening assembly at Lithgow Primary School. It will begin at 10am. Wallerawang will present an item called 'Wonderful Words'. Students involved in this presentation will have received the relevant information. All members of the school community are invited to attend.

Wallerawang Public School COMBINED Education Week/NAIDOC Celebrations



Education Week (Monday 5 August – Friday 9 August) is a statewide annual event that celebrates public education in NSW. The achievements of public education and local schools are highlighted during the week, with an emphasis on our students, our educators and the communities that support them. *Every student, every voice* is the 2019 Education Week theme. It is an important message that underpins our ambition within the NSW Department of Education to every student being known, valued and cared for, and gives us the opportunity to reflect on the valuable role student voice has in creating engaged citizens who will thrive beyond the school gates.

Please join us as we celebrate **EVERY STUDENT EVERY VOICE** at Wallerawang PS on **Wednesday 7th August from 9.15am** in the school hall, followed by open classrooms and morning tea in the COLA. We look forward to seeing you all and sharing with you the opportunities that allow every student a voice at Wallerawang PS.

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Monday 12th August

The P&C meeting will be held on Monday 12th August as part of this meeting I will be sharing the proposed assignments for unallocated areas and proposed changes to existing intake areas for enrolment of students.

Parking arrangements – Lake Wallace

You received a letter this week in regards to the parking area adjacent to the school. If you have any further questions in regards to this I am happy to answer these along with P&C President Glenda Schroder.

Kindergarten enrolments 2020

We are accepting enrolments for Kindergarten 2020. We will hold a parent information session at 6.30pm on Thursday 5th September in the school library followed by a Kinder orientation morning from 10 – 11am on Thursday 12th September. Please contact the front office if you wish to meet with myself or Mrs Brown, we will be very happy to accommodate the request.

Please remember that if you wish to make an appointment with your child's teacher phone the office. As a part of our relentless focus in classrooms for the morning literacy block supporting students and staff, office staff will take phone messages for us during this time.

A reminder to parents that approaching or being involved in what is happening with other students is not appropriate. Teachers or SLSO's are available to assist students and manage the situation and make contact with the students' parent if required.

During any school day as educators we make many decisions about teaching and learning, sometimes unforeseen circumstances mean that as the Principal of the school I need to make decisions in accordance with DoE's policies and procedures and the advice received from others in their jurisdiction. The safety of the students and staff is always a priority in all situations that present themselves.

I like to keep abreast of what the students do in activities outside of school, they are many and varied and I know parents spend many hours supporting students with these endeavours. These form a part of the daily conversations I have with students as I move around the classrooms and playgrounds, letting them know that I am interested in what they are doing.

'Your botheredness cannot be a performance that lives in the classroom and dies when the bell goes at the end of the school day.' Paul Dix

Have a great fortnight.

*Jenny Lamborn
Principal*

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Stage Three Camp Canberra 2019

Payment Plan Reminder

Dear stage three parents,

As the camp draws near, students should each have at least \$150 paid, if not more.

Thank you for your support in making payments on time as follows.

Payment Due Dates	Amount Due	Paid
Initial deposit due Friday 31 st May, Term 2, Week 5 Permission note due as well	\$50	✓
2 nd payment due Friday 5 th July, last day of Term 2	\$100	✓
3 rd payment due Friday 27 th Sept, last day Term 3	\$150	
Balance due Friday 1 st Nov, 2 weeks prior to departure	\$60	
Total to be paid	\$360	

A message from the Office!



OFFERED FOR TENDER! 4 SALE!

Brother colour printer, Model HL 31C, 3 year old, excellent condition just no longer needed.

If you would like to tender an offer, please contact the school office on 6355 1210 or email wallerawan-p.school@det.nsw.edu.au or via message.

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Welcome to Term 3

My name is Debra Mainwaring and I am the new School Psychologist who has the good fortune to have the opportunity to support your school community 3 days each fortnight (Mondays and even week Fridays).

I was born in the Welsh Valleys, UK and am amazed at how similar the landscape and recent history of your community is to my homeland. I have over 30 years' experience in schools as both a teacher and psychologist locally, interstate and internationally and am passionate about sharing best practice ideas on how to improve and maintain school and community wellbeing.

The start of a new school term can trigger so many emotions: excitement and uncertainty and everything in between. To help with any nervous or anxious feelings I am sharing the poster below which includes some tips on how to manage unhelpful thoughts and feelings.

10 Tips to Parent Your ANXIOUS Child
By Anne Marie Albano, PhD, author of *"You and Your Anxious Child"*, with Leslie Pepper

1. Respect and validate your child's feelings! Anxiety is a real emotion and not pleasant.
2. Teach your child deep, slow, belly breathing. This is an easy and very portable skill for self-soothing and calming.
3. Listen to your child and ask "Tell me what you are thinking?" This will help to reveal scary thoughts and scenes that build up in your child's mind.
4. Rather than swooping to reassure, ask your child "How likely is (that thing you're afraid of) to happen?" You'll be teaching him to challenge his anxious thinking.
5. Prompt your child with "Tell me some things you can do to handle this situation" and help her to brainstorm, rather than just giving her solutions. She'll feel empowered.
6. Give up the idea of "mental health days" "skip days" "sleep with mom nights" or other ways of avoiding feared situations. This just makes the anxiety stick more firmly and lead to further avoidance.
7. Encourage your child's attempts to be brave, no matter how small they may seem to you. Use labeled praise such as "I'm so proud of you for sleeping in your own bed last night!"
8. Work with your child to outline small steps leading to a bigger goal.
9. Create opportunities for your child to practice being brave and coping, and then high-five his/her efforts!
10. Recognize when you are anxious and say aloud what you can do to calm down and solve the situation. You'll be modeling coping for your child, but be mindful and don't overshare your anxiety!

Graphics by: Mrs. Eun

kidlutions.com

Warm regards
Debra Mainwaring
School Psychologist

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

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



Congratulations

A message from the Office!

The importance of arriving on time

Arriving at school and class on time

- Ensures that students do not miss out on important learning activities scheduled early in the day
- Helps students learn the importance of punctuality and routine
- Gives students time to greet their friends before class
- Reduces class interruption



Lateness is recorded as a partial absence and must be explained by parents.

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The simplest way

... to get free classroom resources.

Cancer Council supports Fruit & Veg Month, a health promotion event for NSW primary schools that puts a positive focus on fruit and vegetables.



This year Fruit & Veg Month will run from Monday 2 September to Friday 27 September. The event provides free classroom, and whole of school, resources that promote kids eating more fruit and vegetables. The event is funded by NSW Health and registration is FREE!

For more details on the event, and to register go to healthy-kids.com.au.

healthylunchbox.com.au

The simplest way

... to get new recipes.

To keep you and your kids from getting bored with the same lunch box we have updated our [website](#) with new recipes.



- [Veggie pasta soup](#)
- [Yoghurt rice pudding](#)
- [No bake cookies](#)
- [Nicoise salad](#)
- [Turkey, apple & avocado crepe](#)
- [Vegetable pasta bake](#)
- [Vegetable dumplings](#)
- [Mexican baked sweet potato](#)

For more recipes and ideas visit healthylunchbox.com.au

healthylunchbox.com.au

The simplest way

... to wear SunSmart clothing

Clothing provides a barrier between your skin and damaging ultraviolet (UV) radiation - unlike sunscreen, it can't be wiped or washed off.



For the BEST protection, choose:

- Shirts with collars or high necks, and sleeves
- Trousers or longer shorts and skirts that come to below the knees
- Clothing that is loose rather than stretched across the skin

Clothing is just one part of sun protection! Remember to use SunSmart hats, sunglasses, apply sunscreen, and seek out shade.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au

The simplest way

... to save time in the morning.

With some simple preparation at a time that suits you, you can save a lot of stress in the morning.



Try these tips to pack healthy foods quickly:

- Buy snack sized veg that don't require cutting e.g. cherry tomatoes, baby cucumbers and snow peas
- Keep some shelf stable items like beans and milk in the pantry
- Make and pre-pack individual serves of healthy snack mixes such as [poppletana](#).
- Get in to the habit of cooking extra for dinner and packing leftovers for lunch.
- Spend some time on the weekend preparing freezer-friendly lunch box items such as fruit or [vegie muffins](#).
- Allocate a drawer or area of the kitchen where lunch boxes and containers are kept, making them handy to find come packing time.

healthylunchbox.com.au

The simplest way

... to use winter vegetables.

Don't feel like salad during winter?

Here are some fruit and veg filled, winter ideas.



Cook extra for dinner and dessert and pack leftovers for lunch.

- Baked vegetables such as pumpkin, sweet potato, beetroot
- [Mushroom, spinach and lentil lasagna](#)
- [Sweet potato and lentil curry](#)
- [Salmon and potato cakes](#)
- [Shepherd's pie](#)
- [Stewed apples and sultanas](#)
- [Healthy apple crumble](#)

For these recipes and more visit healthylunchbox.com.au

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WALLERAWANG PUBLIC SCHOOL

EDUCATION WEEK

**WEDNESDAY
7TH AUGUST**

9:15am Assembly
followed by open
classrooms and
morning tea.

*Every Student,
Every Voice*

Wallerawang Public School

Whole School Acknowledgement

We need to be respectful, responsible and safe
to earn GOTCHAS and fill up the GOTCHA box.
When we reach our target we will receive

Crazy Hair and Footy Colours Day



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Wallerawang Public School

Student Wellbeing

This week's school wide focus is:

Being a respectful, responsible, safe learner.

Focus: Not disrupting others, hands up, being on task, expected behaviour no matter for all staff (including casuals)

In Week 9 and 10, all students will practise following school expectations of being a respectful, responsible and safe learner.

Important rules to remember:

Be Respectful when playing passive games:

- ✓ Use kind words and actions
- ✓ Encourage others to join in
- ✓ Allow others to learn
- ✓ Use manners
- ✓ Speak quietly
- ✓ Allows other to play without interference
- ✓ Follow staff instructions



Be Responsible when playing passive games:

- ✓ Share equipment
- ✓ Take turns
- ✓ Help new staff
- ✓ Behaviour does not change when a new staff member is teaching



Be safe when playing passive games:

- ✓ Report problems immediately
- ✓ KAHFOOTY - Keep all hands and feet and other objects to yourself



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

- ✚ Respecting others right to learn
- ✚ Hands up to speak
- ✚ Report Problems to staff
- ✚ Hands and feet to self



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UNIFORM SHOP

Uniform Shop will be open.

Even weeks on Thursdays between 2-3pm

CANTEEN ROSTER

August

Mon 5th	Nicole Case Katie Barnes
Tue 6th	CLOSED
Wed 7th	Melody Kent Kerry Brown
Thur 8th	CLOSED
Fri 9th	Krystan Griffiths Kasy Anthes Jenee Taylor
Mon 12th	Sue Giokaris Kay Buttigieg
Tue 13th	CLOSED
Wed 14th	Evelyn Staff Jay Cameron
Thur 15th	CLOSED
Fri 16th	Sheree Scanlan Kayla Duggan

Book Week 2019

*Lithgow Library
Learning Centre*

Book Week Competition

The theme of Book Week this year is

"Reading is my secret power".

We want you to tell us about your secret power!

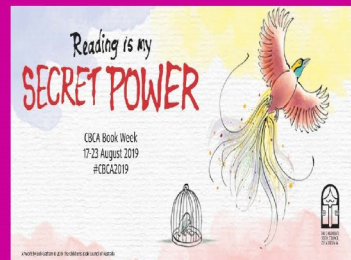
You can draw, or write, about your secret power.

Entries must be received by Wednesday August 14th.

For children aged 0-14

Prizes will be awarded during Book Week 2019.

Individual entries no larger than A3, class entries no larger than 1m x 1m



For information call the Library on 6352 9100

Lithgow Library Learning Centre
157 Main St, Lithgow
Phone: 6352 9100
www.library.lithgow.com



COMMUNITY NOTICE

Portland Pool is celebrating 60 Years and we would like to invite you to attend our Fundraising Gala Night on the 31st August, 2019 at The Foundation Portland. Tickets \$80 on sale from the 19th July via the Portland Pool Facebook page.

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