



# Wallerawang Public School



Newsletter Term 3, Week 5 - 19th 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/Sept 2019

Tue 20th	Book Week Assembly & Book Fair 9.30am
Wed 21st	Newcastle Mathematics Competition
Fri 23rd	Aboriginal Dance Workshop Lithgow Public School Stg 2 & 3
Mon 26th	Father's Day Stall
Tue 27th	Father's Day Stall
Wed 28th	Father's Day raffle tickets returned
Thur 29th	LHS Science 9.30am - 11.00am
Sept 5th	Kinder 2020 Parent Information Session 6.30pm
Sept 12th	Kindy Orientation Day 10.00am

Dear Parents/Carers,

*It is with incredible sadness that I inform the school community of the passing of our much loved and valued teacher Ms Fahey. Ms Fahey has been a member of our staff and school community for 10 years bringing her own daughter Yolanda to the school when she commenced working with us. Kym was a dedicated, passionate, giving, patient and caring teacher who had a very special way with all her students. Her calm and compassionate approach in always wanting to do the very best for every student in her care continued even after her illness took her away from them. She would ask after them and when well enough to come for a visit always asked to see the students. Kym was not only our colleague but our friend a beautiful person who even when faced with illness still remained positive for everyone else. We remember Kym with*

29 Barton Avenue, Wallerawang NSW 2845  
PO Box 21, Wallerawang NSW 2845  
Phone: 6355 1210  
Website: [www.wallerawan-p.schools.nsw.edu.au](http://www.wallerawan-p.schools.nsw.edu.au)

**School Vision:** Learners are supported in becoming independent, self-regulated, respectful, safe and responsible citizens in a complex and ever changing world

*fondness and love for all, for committing her life to education. As I glanced at the board in the teacher's staffroom this morning Kym's bright smiling face was there dressed up for Book Week looking healthy and vibrant. The last message from Kym was one that I will cherish forever as a reminder that life is so incredibly precious 'Be open to listening and receiving all the wonder of life.' May you Rest in Peace our beautiful Ms Fakey knowing that the lives of all you touched are better people as a result. On behalf of the school community we send our sincere thoughts and love to Kym's family – her husband Steve and her beloved children Elsea, Charlie, Paul and Yolanda and her gorgeous granddaughter Lilly along with her mum and dad.*



School Vision: Learners are supported in becoming independent, self-regulated, respectful, safe and responsible citizens in a complex and ever changing world

## **Combined Education Week Assembly**

The Combined Lithgow Valley network schools Education Week open morning was a successful event showcasing the creative talent across our schools. It was an opportunity to join together as a community to celebrate Every Student Every Voice collectively. Thank you to Kaida and Noah for leading the Introduction of what it look like for Every Student at Wallerawang to have a voice and to the choir for their lovely rendition of ' Wonderful Words from Wallerawang '. Ms Coady is acknowledged for the work in preparing the choir.

## **Education Week and NAIDOC special assembly, classroom visits and morning tea,**

Wallerawang's celebration of Every Student Every Voice was a wonderful morning well supported by parents, family members and the Wallerawang community. Seeing the hall overflowing with enthusiasm and support of the students is very encouraging. This reflects a positive and respectful partnership as we all work together for the students. The Acknowledgement of Country given by Noah and Kaida was very fitting and demonstrated equity and excellence. As the news bulletin moved us into all 12 classrooms we could see the consistent and progressive programs occurring across the school in literacy, numeracy and well-being. Each item demonstrated the opportunities provided and creative talent as a result of these opportunities. The culmination a combined item with staff and students singing 'You're the Voice' with the audience joining in was a very moving way to finish. Classrooms were a hype of activity with students and staff talking to parents and family members about the '3<sup>rd</sup> teacher' and what the learning environment looks like as a part of 21<sup>st</sup> century learning. The morning tea provided by the P&C, school staff and the wider school community was appreciated and another fine example of working together in true Wang spirit. A lovely morning of celebration, acknowledgement and sharing.

## **Drop of and pick zones including parking at Lake Wallace**

You have received a letter in regards to the changes at Lake Wallace. Please remember that when changes are required it is in the best interests and the safety of our students, your children. Not following strategically planned changes and adjustments put students' safety at risk. Please ensure that you are crossing the road at the designated crossing and note that the crossing is the responsibility of the RMS. Educating students about road safety is also an important part of keeping them safe.

## **Staff Carpark**

The staff carpark has been closed for over 12 months to traffic. This is designated parking for school staff. It was closed to ensure the safety of our students. The gate has not been locked as in the majority of cases this has been respected by the carpark guidelines not being adhered to it this may need to be reconsidered. We do have a disabled parking space and we want those who need to use it to be able to, please respect the rights of these people. Please note the entry to the bus bay is a no parking zone

## **Wallerawang/Lidsdale P&C**

The P&C association is a small and committed group that work with the school in a partnership for the students. The work that they do is appreciated much of which is behind the scenes. They would encourage new members. Availability to assist with canteen once a month would be a great start. We currently have Grandparents volunteering along with extended family members. Volunteering is very rewarding.

**School Vision:** *Learners are supported in becoming independent, self-regulated, respectful, safe and responsible citizens in a complex and ever changing world*

## District Athletics Carnival

Congratulations to all the students who participated in the carnival yesterday, to Bryce and Jessica for receiving Lithgow District champion and runner up, the all the students who placed and wil represent at the Western Trials. It is wonderful to the sportsmanship, skill and enthusiasm of the students well supported by our parents, grandparents and family members.

## Boys and girls touch football

On Friday students played in a gala day with local schools in the PSSA competition. This gives students the opportunity to play against local schools. Once again these events take time to organise to ensure our students have many and varied opportunities. Thank you to Mrs Dogger, Miss Mitchell and Mr Campling and to Tammy Brown and Troy Cameron for assisting with coaching. Acknowledgement and thanks goes to students from Lithgow High School for refereeing games. Both teams defeated Portland Central but were unsuccessfully in the next round. The boys went down to a nail biter against Coerwull with it going into extra time.

## Book Week Celebrations

Tomorrow the school will celebrate Book Week organised by Mrs Nancarrow. The Book Week theme is 'Reading is My Super Power'. Students are looking forward to dressing up and being involved in the mornings activities. We look forward to your attendance. You will have the opportunity to purchase a book or donate to the school. Morning tea will be available with money raised going back to the library for purchase of library furniture and equipment. I wonder what storybook surprises will appear?

## Enrolment Policy

The DoE's enrolment policy has been revised and intake areas are currently being finalised.

<https://education.nsw.gov.au/policy-library/policies/enrolment-of-students-in-nsw-government-schools>

As a community of schools the Lithgow Valley network will be working together to share and establish common practices in enrolment of students.

Please read the insert in today's newsletter in regards to enrolment of students. If you have any further questions please contact the school.

Kindergarten enrolments are now open and we will hold an information session in Thursday 5<sup>th</sup> September from 6.30pm followed by an orientation morning on Thursday 12<sup>th</sup> September from 10am.

## School Uniform

The Department of Education supports wearing of school uniform. Wearing uniform promotes a sense of belonging and creates a positive identity for the school. The department requires that the school set local uniform requirements. I ask that you please support and encourage the wearing of school uniform and work with the school and as stated in DoE policy provided a school uniform that meets' the schools uniform requirements. A copy of the schools uniform policy is available at the office.

<https://education.nsw.gov.au/policy-library/policies/school-uniform-policy?refid=285839>

***I am always humbled by daily deeds and kindness of others. I am reminded of the cohesiveness and genuine care and support by and of school staff. We are Wang – where genuine care of each other and strength of community unites us.***

See you all tomorrow at Book Week.

*Jenny Lamborn*  
*Principal*

**School Vision:** *Learners are supported in becoming independent, self-regulated, respectful, safe and responsible citizens in a complex and ever changing world*



## District Athletics

On Thursday, 15<sup>th</sup> of August, a team of approximately 50 students participated in the annual district athletics carnival. It was a beautiful day of spirited competition and sportsmanship. Of our athletes, we had 23 students qualify for Western either in individual events or as members of a relay team (see table below for qualification results. Students qualified for Western if they placed in the top two for track and field events, except the 1500m or relays where students needed to come first to qualify for Western. Congratulations to Bryce Carter (Senior Boys Champion) and Jessica Gearside (Senior Girls Runners Up) on your individual success on the day. Thanks to all students for their participation and success in helping Wallerawang finish second overall in the winning schools competition. It was very close with only 8 points separating us from the winning school which was Lithgow Public School. Thanks to Mrs Fraser and Mrs Clark for their assistance on the day as well as volunteer Lithgow High students, which consisted of some former Wallerawang students.

The Western trials takes place in Dubbo on the 13<sup>th</sup> of September. Information and permission notes will come out shortly.

Thanks for a great day!  
Mr Campling

## STAR CLASS FOR WEEKS 3&4, 3/4 PURPLE

3/4 Purple have been Respectful, Responsible and Safe students in our school



Congratulations!

*School Vision: Learners are supported in becoming independent, self-regulated, respectful, safe and responsible citizens in a complex and ever changing world*

# District Athletic Results

Name	Event Qualification
Bronte Anthes	8 years girls 100m
Matilda Collins	9 years girls 100m
Kelsie Handley	10 years girls 100m Junior girls long jump
Macy Brown	11 years girls 100m 11 years girls 200m 11 years girls high jump
Jessica Gearside	12 years girls 100m
Abbey Taylor	11 years girls 800m
Hayley Menchin	11 years girls 800m 11 years girls 1500m
Phoebe Milne	Senior girls 1500m
Millie Francis	Senior girls long jump
Charmaine Andre	Junior girls shotput
Madison Dobson	Senior girls shotput Senior girls discus
Bryce Carter	Senior boys high jump
Lowan Francis	10 years boys 100m Junior boys long jump
Ty Hanrahan	Senior boys long jump
Max Alexander	Junior boys shotput
Ned Alexander	Senior boys shotput
Curtis Brown	Junior boys discus
Hayden Way	11 years discus
Mitchell Desch	12 years boys 100m Senior boys 200m
Matilda Collins, Kelsie Handley, Claire Taylor and Shelby Anthes	Junior girls relay team
Mitchell Desch, Cody Phillips, Jai McMillan and Hayden Way	Senior boys relay team

*School Vision: Learners are supported in becoming independent, self-regulated, respectful, safe and responsible citizens in a complex and ever changing world*

# Playing by the rules

In Week 3 and 4, students will be practising following a set of rules for specific games eg soccer and basketball.

Be Respectful when playing games by the rules:

- ✓ Include others
- ✓ Share the responsibility (change refs each day)
- ✓ Speak using a friendly voice



Be Responsible when playing games by the rules:

- ✓ Take turns allowing others to: kick, pass the ball, be the goalie etc
- ✓ Follow the rules at all times
- ✓ Accept consequences for your choices



Be Safe when playing games by the rules:

- ✓ Report big problems immediately
- ✓ Stop play and help when others are hurt
- ✓ KAHFOOTY - keep all hands and feet and other objects to yourself



MOST IMPORTANTLY HAVE FUN!



Parents, you could talk to your child about the importance of following rules and including others. This allows everyone to have fun playing games during recess and lunch.







# Enrolment policy

## Information for parents

The Enrolment of Students in NSW Government Schools policy is in place to assist schools to meet their obligations under the *Education Act 1990* - to ensure that every student has a place at their local school. The policy also communicates to staff and the community a transparent enrolment process.

### Why was the enrolment policy revised?

Across the state, many communities are changing. Some are growing at rates never seen before. Some schools that used to be able to accept out-of-area enrolments, no longer have the room to do so.

The revised policy is designed to support schools to manage all enrolment applications, encourage greater consistency in decision-making and make sure the enrolment choices are clear for parents.

### What are the changes?

#### The enrolment cap

The enrolment cap is the number of students that can be enrolled at a school based on the school's permanent accommodation. The enrolment cap tells us whether the school may or may not have the capacity to accept non-local enrolments. It is not a target or limit on the number of local enrolments a school can take.

Each school with a local intake area will have a cap set by the department from Term 4 2019.

Within the enrolment cap, a number of enrolment places (the *buffer*) must be kept aside for the likely number of local students who will need to enrol during the year. For this reason, a school will not take non-local students once they reach their buffer, unless there are exceptional circumstances.

#### 100-point residential address check

Parents planning to enrol their child at a school that is near or at their buffer or cap will be asked to complete the 100-point residential address check to confirm they live within the school's designated intake area. This means you will need to provide documents to verify your child's current address.

So that schools only seek information relevant to your child's enrolment, a list of approved documents for the residential address check is available from the school or the department's website at <https://education.nsw.gov.au/policy-library/policies/enrolment-of-students-in-nsw-government-schools>.

#### Selection criteria for non-local enrolment

Sibling enrolments are now clearly prioritised (where possible) and selection criteria for non-local enrolment will not include student ability, performance or achievement.





### What has not changed?

Schools will continue to enrol students who live in their local intake area, regardless of the school's cap status.

There are no changes to enrolment rights of siblings of non-local students. In schools with available places, each enrolment application is considered on its merits, including if siblings currently attend the school. If the school is below capacity, out-of-area applications for siblings of current students will be given enrolment priority.

Schools will continue to provide families with support and advice during the enrolment process, including assessment of exceptional and compelling circumstances particularly for vulnerable students and their families.

Schools will also continue to apply the policy fairly and consistently using transparent and accountable processes when making decisions around enrolment applications. Parents have a right to appeal to determine whether the stated processes have been applied in a procedurally fair manner.

### But what do the changes mean for me?

#### What if my child is already enrolled but we do not live in that school's intake area?

Your child will remain enrolled at the school as the revised policy does not affect students already enrolled in NSW Government schools.

#### We were in area when my child was enrolled in the school. The department has since changed the school's boundary and our residence is now out of area. I have other children and I want them all to go to the same school.

##### What are my options?

At times it is necessary for the department to make adjustments to a school's local enrolment intake area. This could mean a family with a child/children already enrolled is then outside the local intake area. When this happens, the family will still be able to enrol siblings together at the school, regardless of whether the school is over the buffer or cap.

### I already have a child enrolled as an out-of-area student in a NSW Government school. Can I enrol my other children at that school too?

This will depend on the capacity of the school:

- If the school is **not near its buffer**, then siblings should be able to be enrolled at the school. In fact, siblings of students currently enrolled will be prioritised, where possible, over other non-local enrolment applications.
- If the school is **nearing its buffer**, then the school will form a non-local enrolment panel. The panel considers non-local enrolment applications when the number of non-local applications received exceeds the number of places available below the buffer. Again, in this instance, siblings of students currently enrolled will be prioritised, where possible, over other non-local enrolment applications.
- If the school is **at capacity** they will not accept non-local enrolment applications unless there are exceptional circumstances.

### I have already accepted an offer for my child to attend a school in 2020 that is not my local school. What happens now?

The enrolment will proceed. Non-local enrolments accepted before Term 4 2019 for students starting in 2020 should not be affected.

### What is the criteria for enrolment in a school that is not my local school?

Schools that are able to accept non-local enrolment applications establish a non-local enrolment selection panel, if demand exceeds the number of places below the school's buffer.

Schools are required to make the selection criteria available to the school community.

### My circumstances are challenging and I think this school is best for my child. We live outside the school's intake area. What should I do?

We understand that not everyone's circumstances are the same, and that there are instances where exceptional circumstances will need to be considered.

Your circumstances should be discussed with the principal of your local school who can assist you to negotiate an out-of-area enrolment if there are exceptional and compelling circumstances.

### Contact

For general enquiries contact: 1300 679 332 or email: [DoInfo@det.nsw.edu.au](mailto:DoInfo@det.nsw.edu.au)

For enrolment enquiries, speak to your local school.

Find school contact details at:

<https://education.nsw.gov.au/public-schools/going-to-a-public-school/finding-a-public-school>

education.nsw.gov.au



**School Vision:** *Learners are supported in becoming independent, self-regulated, respectful, safe and responsible citizens in a complex and ever changing world*

## The importance of a good night's sleep Australian Centre for Education in Sleep™

### HOW MUCH SLEEP DO WE NEED?

Sleep researchers believe there is no one magic number for 'sleep need' and there are a lot of individual differences in what children and adolescents need to sleep to be at their best. But be-



low is a guide of the best evidence we have so far...

- Babies under 1: 14-18 hours throughout the day and night
- Toddlers: 12-14 hours per 24 hour period
- Primary school: 10-12 hours per day
- High school: 8-10 hours per day
- Adults: 7-9 hours per day

### WHAT HAPPENS WHEN WE DON'T GET ENOUGH SLEEP?

Many things can be effected when we do not sleep enough such as:

- **Behaviour** - aggressive, antisocial, withdrawn, hyperactive, unable to control or regulate behaviour
- **Emotion** - Moody, depressed, anxious, stressed, uneasy, unconfident, irritable
- **Planning** - poorly organised, poor time managers, repeating grades, forgets lessons
- **Concentration** - inattentive, lack of concentration, falling behind in school
- **Creativity** - not working at full potential
- **Problem solving** - poor behaviour control and difficulty in social situations
- **Complicated thinking** - struggles with maths, sciences, languages, abstract concepts
- **Motor coordination** - less sporty, more accidents, clumsier
- **Weight** - being obese and overweight is more likely with less sleep
- **Health** - poorer immune system - sicker more often
- **Learning** - it is though that sleep, particularly dream sleep or REM sleep, is necessary for storing certain types of memory, particularly more difficult memories such as mathematical concepts and language.



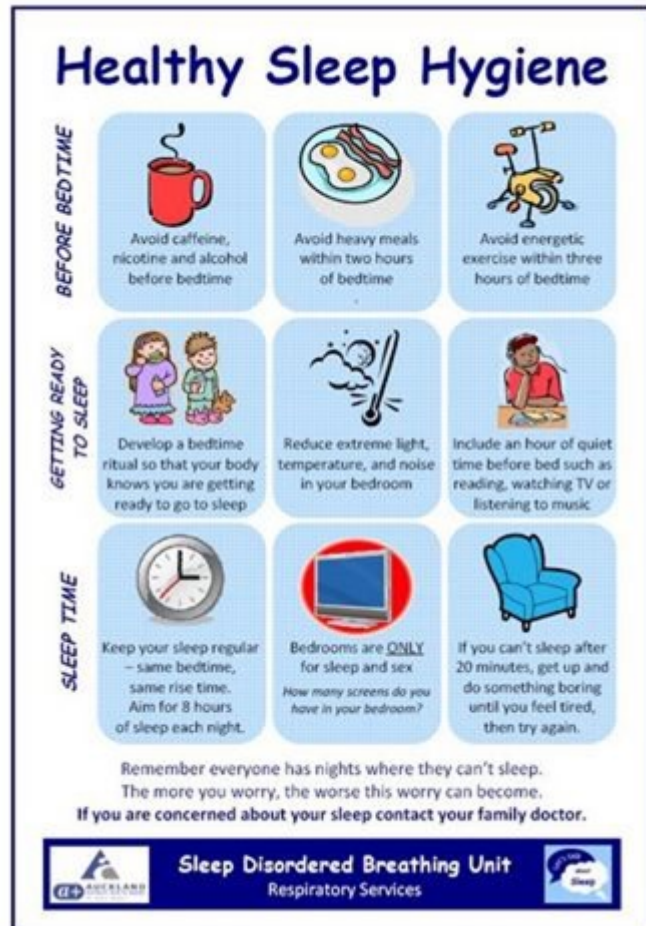
*School Vision: Learners are supported in becoming independent, self-regulated, respectful, safe and responsible citizens in a complex and ever changing world*

## GOOD SLEEP HYGIENE CAN HELP PROMOTE GOOD SLEEP

### WHAT IS SLEEP HYGIENE?

"Sleep hygiene" - this can be defined as habits that can help us to sleep or stop us from sleeping. If you or someone you know is having trouble sleeping you can try to change or include some of the things on this list and see if it helps.

- No TV/computer games 1 hour before bed. No TV s in bedrooms
- Monitor mobile phone use in bed
- No coke/caffeine, high sugar or high spicy food 3-4 hours before bed
- Ensure relaxing and regular bed time routine - special time with children, relaxation techniques such as breathing
- No vigorous exercise 1 hour before bed - it raises the body temperature
- Finish eating 2-3 hours before bed - digestion competes with sleeping - hot milk is OK
- Make sure the bedroom is comfortable (temperature, light, noise)
- Set bedtimes and wake times - try and keep these regular
- Learn to relax - deal with worry and stress
- Use a sleep diary to check how many hours you are sleeping - Are you sleeping enough?
- Convince children that it is important to sleep well - Reward them for complying with bedtime rules



35 - 40% of children and adolescents experience some form of sleep problem during their development – if these suggestions aren't working do consult your GP.

Warmest regards

Debra Mainwaring

School Psychologist, Endorsed Educational and Developmental Psychologist

**School Vision:** Learners are supported in becoming independent, self-regulated, respectful, safe and responsible citizens in a complex and ever changing world



# BOOK WEEK 2019

THIS YEAR'S THEME IS

## READING IS MY SECRET POWER



To all school families and friends

You are invited to join our Book Week Celebration



When: TUESDAY 20th August

Time: 9:30am - 11:00am



Where: School Hall for Assembly and Class Parades

then to the Library for the Book Fair & Morning Tea

(Book Fair will be open Wednesday too 8.30am-3.30pm)

P&C will be selling morning tea to raise money for the Library

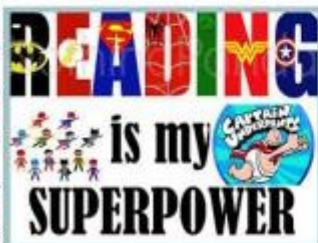
**ALL CHILDREN ARE INVITED TO COME DRESSED  
AS THEIR FAVOURITE CHARACTER or ANY IDEA  
THEY COME UP WITH LINKED TO THE THEME**

We receive 30% commission on book sales to spend on new books for our library.

Book Donations are greatly appreciated.

All donated books will have the child's name permanently displayed inside the cover.

**Please join us for a fun filled time at Wallerawang  
Public School**



*School Vision: Learners are supported in becoming independent, self-regulated, respectful, safe and responsible citizens in a complex and ever changing world*



# Fruit & Veg Month 2019

2nd Sept to 27th Sept



**When packing a lunchbox for your child, you should feel confident that you're providing them with a nutritious supply of food that will get them through the day with the energy they need to function.**

Follow this rule to make packing a healthy lunchbox easy:  
**PACK THE CORE 4** (plus 1 for active and fast growing kids).

### What are the CORE 4?

- 1 Main lunch item** – a sandwich, roll, wrap or salad based on grains such as pasta, rice or quinoa.
- 2 Nutritious snack** – choose a snack from the five food groups such as a cold chicken drumstick, crackers with cheese, veggie sticks and hummus, or yoghurt.
- 3 Piece of fresh fruit** – whatever is in season.
- 4 Drink** – always include a water bottle. Add an additional small reduced fat milk drink (less than 300ml) or a 99% fruit juice drink (less than 200ml) once or twice a week.

### PLUS 1 additional snack

Every child is different and depending on their activity level or rate of growth, they may need an additional snack in their lunchbox. If this is the case, we recommend choosing a fifth item from the five food groups first, such as those listed in lunchbox item number 2 (the nutritious snack). This will provide the extra nutrients some kids need.

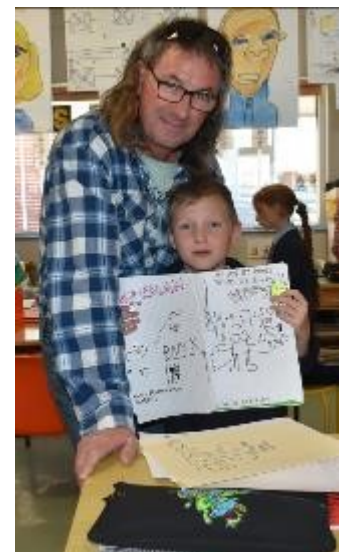
### Occasionally...

For variety and enjoyment it's OK to include an occasional "extra" item in place of this fifth snack option. Extra foods include sweet biscuits, muesli bars, packets of chips, confectionary or dry noodle products. These kinds of items should not make a daily appearance in the lunchbox, but can be added once a week for variety and enjoyment and to teach balance.



**School Vision:** Learners are supported in becoming independent, self-regulated, respectful, safe and responsible citizens in a complex and ever changing world

# EDUCATION WEEK 2019



*School Vision: Learners are supported in becoming independent, self-regulated, respectful, safe and responsible citizens in a complex and ever changing world*





*School Vision: Learners are supported in becoming independent, self-regulated, respectful, safe and responsible citizens in a complex and ever changing world*

## UNIFORM SHOP

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



**SCHOLASTIC**  
**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](http://www.scholastic.com.au/LOOP)

GET IT ON  
Google play

Download on the  
App Store



**PCYC**  
LITHGOW

**TRIVIA NIGHT**

**SATURDAY 17TH AUGUST 2019**  
DOORS OPEN 6:00PM. FIRST QUESTION 6:30PM SHARP!

**ENTRY \$15/pp**

**CLUB BAR AND BISTRO OPEN**

**SHOWROOM—LITHGOW WORKIES**  
FOR BOOKINGS CONTACT PCYC LITHGOW  
(02) 6351 2510 or [lithgow@pcycnsw.org.au](mailto:lithgow@pcycnsw.org.au)

TABLES OF 8-10 PEOPLE. RAFFLE. COIN TOSK. HEADS AND TAILS.  
GAMES. LUCKY DOOR PRIZE AND LOTS, LOTS MORE

ALL MONEY RAISED GOES TO FUNDING PCYC LITHGOW PROGRAMS

## CANTEEN ROSTER

### August

Mon 19th	Sonja Ward Maureen Burley
Tue 20th	<b>CLOSED</b>
Wed 21st	Sheryl Hampson Vandhana Reddy
Thur 22nd	<b>CLOSED</b>
Fri 23rd	Deb Williams Holly Smith Rhi Blackwell
Mon 26th	Emma Giles Denise
Tue 27th	<b>CLOSED</b>
Wed 28th	Susan Brodie Lynne Fosse
Thur 29th	<b>CLOSED</b>
Fri 30th	Glenda Schroder Kayla Duggan Kylie Williams

## 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.

*School Vision: Learners are supported in becoming independent, self-regulated, respectful, safe and responsible citizens in a complex and ever changing world*