



WOONGARRAH PUBLIC SCHOOL

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Principal: Leonie Clarkson

Friday 25 May

NEWSLETTER

Issue 8

FROM THE PRINCIPAL'S DESK

An important strategy in developing a positive school culture is the implementation of whole school wellness plans that target both staff and students.

As part of our commitment in this area, all of our staff participated in a twilight session on Wednesday evening around "Building Staff Resilience From the Inside Out". In the session we shared our vision of wellbeing, discussed the challenges and shared what works best. Over the three hours we started to develop a toolkit of ideas to track the good things, identify and work to our character strengths, explore new ways to share, collaborate and support each other, reflect on what is important and set authentic goals. We each have a wellbeing partner and a wellbeing plan.

We know that well teachers promote well students and this strategy is designed to help staff to assure their own wellbeing for effectiveness in the classroom. This was the introductory session for a 12 month plan and we look forward to our next whole staff session on another evening early next term.

"Investing in teacher health and wellbeing brings about significant benefits not only for teacher wellbeing and productivity, but also student wellbeing and achievement."

NAPLAN ONLINE

We have successfully completed NAPLAN Online with all students in Years 3 and 5. This was a big task with 16 sessions to be managed and delivered, as well as catch up sessions for students who were absent. Thank you to Mr Smith for coordinating this activity and to Mrs Buhr for helping to administer the tests. One of the biggest benefits of NAPLAN online is that we expect that the school will have access to results before the end of this term meaning that Year 3 and 5 teachers can use the information from the tests to further inform teaching and learning in a far more timely way.

Leonie Clarkson
PRINCIPAL

STAMP OUT BULLYING

On Monday 4 June a performance entitled "Stamp out Bullying" will be presented at school. The show will teach students about bullying through comedy, puppets and magic. The show will reinforce the 5 important principles to Stamp out Bullying.

The principles and strategies to avoid bullying are:

Stay away – How to avoid bullies

Tell someone – Reporting a bully is not being a 'dobber'

Always help – The power of peers

Make friends – Including students who are easily left out

Play nicely – Making sure YOU are not being the bully

K-2 students will attend at 9:15 and 3-6 will attend at 11:40. The cost of the show was covered in the bookbags. If you have not paid for the bookbags a note will be sent home requesting the \$5 to cover the show.

Sharon Buhr, Deputy Principal & Event organiser

SCHOOL CANTEEN REVIEW

The school is reviewing our canteen as requested by the P & C. We would love you to complete the Review through Survey Monkey. You can access the survey through the following link.
<https://www.surveymonkey.com/r/XF9HXXZ>

The survey results are anonymous and we will collate the results on Monday 28 May. The results will be presented at the next P & C meeting.

Thank you for your participation.

Sharon Buhr
Deputy Principal

ATTENDANCE

School attendance is very important as learning is lost when students are absent. Attendance is monitored by teachers and you may receive a phone call or letter requesting information about your child's absences if you have not informed the school. It is policy to contact parents if a child is away for 3 consecutive days without explanation. Parents can call the office, email or use the Skoolbag app to explain why students are away. Students with a high level of absences will be contacted.

Sharon Buhr
Deputy Principal

SORRY DAY

Thank you to Mrs Miller and the Stage 3 Aboriginal students for running today's Special Sorry Day Assembly. They spoke and performed brilliantly and I'm sure we all gained extra insight and knowledge. Sorry Day and Reconciliation activities will be completed by students in class today and during the next week to further develop our knowledge of the Aboriginal culture. NADIOC events will occur in Term 3 Week 2.

Sharon Buhr
Deputy Principal

SENIOR PSYCHOLOGIST COLUMN

Many children will tell me that they fear certain things and situations. I usually tell them that some fears are a normal part of being a child and growing up. But when a fear becomes something unmanageable and overwhelming, then it is time to seek help. And it's great that children do express their fears and worries because there are things we can teach them which may help. Teach your child coping strategies to handle a feared situation. Before the situation, they can then try using the strategy. For example: (1) breathing is important. Teach your child to take some slow, deep breaths, as if they are filling a balloon full of air in their tummy. Slowly hold the air in, and then slowly release it out of their mouth. Repeat a few times. (2) Imagination is helpful. Teach your child to distract themselves from scary thoughts by thinking of a pleasant, happy memory or an exciting event coming up. They may even like to imagine a peaceful scene where they feel relaxed and happy, such as a favourite holiday destination. (3) Self-talk is helpful. Teach your child to think of positive things to say to themselves. They could even write down their own helpful statements and have them on stand-by for when they need them. For example: 'I am the boss of my body.... I'll be okay.... Everything is fine.... It can't hurt me'. Many adults use these strategies, and find them very helpful. If we encourage our children to speak about their fears and learn ways to deal with them, they can develop their own mastery and confidence in difficult situations!

Ruth Jenkins
Senior Psychologist, Education

YOUNG ARCHIE NEWS

Unfortunately, our budding artists did not make it to the final round. Here is a link to the entries that made it to the finals. <http://nag.org.au/Exhibitions/Future/YOUNG-ARCHIE-NEWCASTLE#FINALISTS>

Mrs Mileto – Coordinator

WE CAUGHT YOU BEING GOOD

Ben HB4	Zane HB1	Alana HB16	Rhys HB22	Kaden HB16
Bradley HB18	Riley HB18	Lincoln HB1	Brayden HB1	Isabella HB1
Harry HB15	Marley HB9	Chloe HB8	Cjay HB8	Wade HB7
Chelsea HB6	Charlie HB11	Emiley HB11	Logan HB11	

K-6 ASSEMBLY ROSTER

Assemblies occur once per fortnight for Years 3-6 and once per fortnight for Years K-2, on alternate Fridays. Parents and community are most welcome to attend the assembly that commences at 9:15am in the school hall.

Week	Assembly	Who is running Assembly
5	Years 3-6	Ministers
6	K-2	HB5
7	Years 3-6	HB15
8	K-2	HB8
9	Years 3-6	HB3
10	K-2	HB6

There will be a special 3-6 Sorry Day Assembly at 10am Friday 25 May (Week 4)

ASSEMBLY AWARDS

HB1	Lincoln, Isabella, Cruz
HB2	Xavier, Hayden, Samuel, Epiphany, Ellie
HB3	Oscar, Cadell, Jacob, Riley, Lewis
HB4	Jordan, Luke, Porshia, Mikhail, Caleb, Suzi
HB5	Archie, Sophia, Ethan, Winter
HB6	Lilly, Ryan, Alyssa, Aswathi
HB7	Lilah, Cooper, Ruby, Isabelle, Navayah, Wade
HB8	Lucy, Jazlyn, Rhys, Darcy
HB9	Marley, Aiden, Paige, Lilly, Isabelle
HB10	Jesse, Blake, Hayley, Aleah
HB11	Rhys, Aydin, Emily, Ruby
HB12	Ryan, Lilly, Luke, Madison, Lataya
HB13	Matilda, Patrick, Charlotte, Luccas
HB14	Mia, Maika, Lucas, Chelsea, Georgia
HB15	Holly, Evie, Luke, Olivia, Cameron, Kaiah
HB16	Alana, Taliah, Lillian, Kaden, Cooper
HB18	Samuel, Bradley, Riley, Abby, Courtney, Allee
HB19	Max, Emerson, Isabel, Owen, Chloe, William
HB21	Riley, Joy, Chad

SKOOLBAG APP

The Skoolbag app has been upgraded. You DO NOT need to re-install the App. You will be asked for your email address and a password to be created. You only need to do this the first time you access the new version.

You can also select your subscription preferences at this time so that you can opt to only receive information relevant to your students.

For those who do not already have the app, now is an ideal time to download it.

CANTEEN ROSTER

Tuesday	Wednesday	Thursday	Friday
29 May Grace, Jenny	30 May Kerry	31 May Min	1 June Jodi
5 June Jenny	6 June Ally Help Needed	7 June Min	8 June Jodi
12 June Grace, Jenny	13 June Kerry	14 June Min	15 June Jodi
19 June Jenny	20 June Help Needed	21 June Min	22 June Help Needed

	TERM 2				
	28	29	30	31	1
5	AECG @ Tuggerawong PS 4pm				
6	4	5	6	7	8
	Stamp Out Bullying show @ school		Netball gala day	P&C meeting 1:45 Dance festival rehearsal	Newsletter
7	11	12	13	14	15
	Queen's Birthday		Stage 2 excursion		
8	18	19	20	21	22
			Stage 2 excursion		SN Cross Country Newsletter
9	25	26	27	28	29
			Dance festival – boys	Dance festival – girls	
10	2	3	4	5	6
				P&C meeting 1:45	Term 2 in review – newsletter

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