



WOONGARRAH PUBLIC SCHOOL

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Preparing our students for the opportunities and challenges arising in an ever changing world as successful learners, confident, connected and creative global citizens.

Friday 31 August

NEWSLETTER

Issue 12

FROM THE PRINCIPAL

FIVER FOR A FARMER MUFTI DAY

In order to raise funds to support our farmers, we are holding a mufti day next Friday, 7 September. We have been in contact with two of our country schools to see how we can offer support and have decided to raise funds with a mufti day.

Students can come dressed as farmers or farm animals or anything related to farming for a 'fiver' - \$5. An envelope was sent home with each student yesterday and we ask that you write your child's name and class and return the envelope to school on the day. \$5 per student would raise over \$2500, but any donations are appreciated.

Thanks in anticipation of your support for our farmers.

ZONE ATHLETICS

I am sure that Mr Demir will include a report in the next newsletter as we are waiting for results to be finalised. In the meantime, I would like to congratulate the Woongarra team as outstanding sporting representatives for our school. There were some exciting individual and team results and we will be sending a large team to Sydney North. Mr Demir did a flawless job as the Zone Convenor and also deserves our congratulations and thanks.

Leonie Clarkson PRINCIPAL

'FIND YOUR TREASURE' BOOK FAIR IS COMING TO THE LIBRARY

In week 9 of this term (Monday 17 – Thursday 20 September), we will be holding our annual Book Fair. Just like last year we will be having a Scholastic Book Fair and hopefully it will be as successful as last year.

The fair will be open before and after school from Monday until Thursday. (Thursday afternoon will be the last chance to purchase books). We hope to see everyone at our fair. Prices of books and stationary will range \$1 to \$25. EFTPOS facilities will be available.



BOOK PARADE

To celebrate Book Fair coming to our school, we will be holding our Book Parade at 1.45pm on Tuesday 18 September. As the theme for our Book Fair is 'Find your treasure,' it would be wonderful to see everyone dressed in something they would wear when they are finding treasure or a character from a book they treasure! There will be prizes so don't forget your costume. We look forward to seeing everyone dressed in their favourite costume.

Sharon Gilbert Teacher/Librarian

BOOK CLUB

The latest issue of Book Club for 2018 has now been handed out. If you wish to purchase a book please place an order online using the LOOP Online Ordering system **no later than Friday 7 September.**

Money is not collected at school. Please see order forms for details or use the following link to the payment page. <https://mybookclubs.scholastic.com.au/>

Sharon Gilbert (Teacher/Librarian)

KINDERGARTEN ORIENTATION

We have started preparing for Kindergarten Orientation 2018. If you have a child commencing school in 2019 please come to the office to collect an enrolment form.

Due to a clash of timetabled events, **the dates for Kindergarten Orientation have changed slightly.** The new dates are: **Wednesday 24 and 31 October and Wednesday 7 November.**

The sessions will start at 9:30 and finish at 12:30 each day. The parent information session will be on Wednesday 24 October 9:30-12:30.

If you have any questions about Kindergarten Orientation please see Mrs Samantha Guest.

SENIOR PSYCHOLOGIST CORNER

Have you noticed how your breathing tends to speed up when you're stressed or worried about something? Your heart rate also goes up, your muscles are tensing, there's a tightness or even nausea in your tummy, a headache? This is a very normal reaction to situations which happen unexpectedly and may cause us to think worry thoughts and feel stressed. As your arousal level – your level of reaction to the worrying event or thoughts – increases; your breathing rate also increases. However, if your arousal level goes up too high, your level of performance – that is, your ability to perform tasks at your optimum level – decreases. It's no wonder that people who report feeling stressed and anxious can't perform their usual daily tasks to the best of their ability.

One of the smartest things you can do to manage your stress is to be aware of your breathing and try to keep it to a calm, high-performance level. Research into stress levels and breathing rate shows that most adults take about 12 breaths per minute; and much more when under stress. Children's breath rate is generally faster – around 12–20 breaths per minute depending on age and size. Stop, take a minute, and count the number of breaths you take... During the day, do this again and notice what your rate is. If feeling a little stressed, try to stop and notice your breathing rate; then focus on having it return to your usual 'resting' rate.

Many people use apps to assist with breathing rate. Used during each day, they can be a gentle reminder to stop, take a minute to slow the breath rate; and return to baseline. There are many such apps available, including "Breathe Zone". As your breathing slows to a healthy rate, your arousal level decreases. Gradually, you feel calmer, safer and better... and your ability to perform tasks in a healthy state of mind returns.

Ruth Jenkins
Senior Psychologist, Education

WE CAUGHT YOU BEING GOOD

Claire HB4	Amelia HB15	Rhys HB1	Hudson HB2	Courtney HB18
Rhianna HB2	Amber HB1	Mike HB2	Kaleb HB22	Declan HB21
Elijah HB6	Claudia HB14	Aiden HB9	Alexandra HB14	Ayva HB6
Lilly HB9	Skye HB7			

K-6 ASSEMBLY ROSTER

Assemblies occur once per fortnight for Years 3-6 at **9.15am** and once per fortnight for Years K-2 at **9.00am**, 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
7	3-6	Ministers
8	K-2	HB11 Thursday
9	3-6	HB2
10	K-2	HB9
T4 W1	K-2	HB10

Assembly in Week 8 (HB11 hosting) will be on Thursday at 9:00am as Stage 1 are at an excursion on Friday Week 8.

ASSEMBLY AWARDS

HB1	Jack, Lucas, Ruby, Chelsea, Amelia
HB2	Jermaine, Noah, Rhys, Kyah, Taylah
HB3	Imogen, Piper, Oscar, Cadell, Connor, Aiden
HB4	Carl, Mikhail, Matilda, Caleb, Zac, Liam
HB5	Archie, Portia
HB6	Rana, Leila
HB7	Dominic, Ruby
HB8	Ethan, Piper
HB9	Matilda, Mya
HB10	Hudson, Hayley
HB11	Charlise, Logan
HB12	Amy, Noah, Jade, Bonnie
HB13	Luccas, Eden
HB14	Allayna, Lucas
HB15	Alexander, Xander, Amelia, Charlize, Alexis, Olivia
HB16	Cooper, Mia, Kaden, Emily, Sienna
HB18	Samuel, Isaac, Sofia, Luke, Hannah, Abby
HB19	Hanne, Erica, Vivie, Kelly, Conor, Isabel
HB21	Riley, Chad, Christopher, Tylar, Luke, Keira, Joy, Layla, Oliver, Jack, April, Jowan
HB22	Rhys, Keanu, Max, Alexia, Bradley, Ella

CANTEEN ROSTER

To keep the canteen running smoothly we are in desperate need of help on Wed, Thurs and Friday. Please contact the office, or Helen in the canteen, if you are able to help. Thank you in advance.

Tuesday	Wednesday	Thursday	Friday
4 Sept Grace, Jenny	5 Sept Kerry	6 Sept Trasi, Help Needed	7 Sept Grace, Debra, Help Needed
11 Sept Grace, Jenny	12 Sept Help Needed	13 Sept Trasi, Help Needed	14 Sept Grace, Debra

TERM 3

7	3 Interrelate Year 6	4	5 P&C Meeting 9am	6 WCS Science Day	7 Fiver for a Farmer Mufti Day Assembly – Ministers
8	10 Stage 3 camp	11 Stage 3 camp	12 Stage 3 camp	13 Stage 3 camp Assembly – HB11	14 S1 Gruffalo excursion Newsletter
9	17 SN athletics Book Fair – all week Interrelate Year 6	18 Book Parade 1.45pm	19	20	21 Assembly – HB2
10	24 Stage 2 Fizzics visit	25 School Performance Moz's Monster Music Mix	26	27	28 Term 3 in review – newsletter Assembly – HB9