Dear Parents

It is with a sad heart, that I inform you of the passing of an ex-teacher from Waratah PS, Miss Leanne Young. She was a teacher at our school from 1997-2008. Miss Young was then appointed as Principal at Blacksmiths PS. Miss Young was highly considered by our school community and our thoughts are with her family.

Whole school Assembly

Friday, 8 November, at 11.30 am will be our next whole school assembly. We will have some lovely awards to hand out and some performances by the children to enjoy. We hope you can come. Our last whole school assembly for 2013, will be held on Friday 6 December.

Congratulations Fletcher at the State Athletics.

“In Week 2, I woke up at 5am and got ready for my big race. My dad and I drove to Sydney. When we got there, it was 8am. The athletes centre was a big place. My dad and I went to go and warm up. Then when we got back my race got called. I came 3rd in my heat and then went for a swim after my race at the aquatic centre. At 3.30pm I raced in the semi-finals and came 7th but I still made it in the finals. Later that day, the state PSSA called and said they made a mistake that I didn’t make it but they let me race. The next day I raced in the final and came 10th. It was a good experience meeting really fast runners and it was great fun.”

Fletcher 4/5S

Ten things about Mrs Green...

1. I love spending time with my family.
2. I love watching the ocean roll in and wash upon the shore.
3. My favourite good food is Mr Green's tomato and bacon pasta. My favourite
sometimes food is chocolate, YUM!
4. I have two sons - Luke and Nic.
5. My last long holiday was exploring Adelaide, The Great Ocean Road and then Melbourne.
6. I have a dog called Princess.
7. I grew up in the country on a farm.
8. I have always wanted to be a teacher.
9. I love seeing people laugh.
10. I believe a smile speaks a 1000 words and can brighten anyones day.

Preschool information meeting
This Friday 1 November between 10.00 am and 11.00 am we will be holding our preschool information meeting in our school library. This meeting is for the parents of children wishing to attend our preschool for 2014 or considering enrolling children and promises to be a very well-run and informative session.

If you know someone who is undecided about where to take their child, please encourage them to come along.

Thank you to Ms Dodds, Mrs Iredale, Mrs Maher and Mrs Pirini for their efforts in the preparation of this event.

As this meeting is an information meeting for parents only, we request that you do not bring your children. However, they are welcome to visit the centre at any other time. We thank you in anticipation.

Callaghan College Opportunity Class/Gifted And Talented students 2014
Callaghan College will be holding an afternoon workshop for Opportunity Class/Gifted and Talented students in the Callaghan Education Pathways (CEP). Emily Scanlan, psychologist, who is working closely with the Equity Unit at the University of Newcastle has kindly offered her services and expertise.
This workshop is open to all OC and GATS students and their parents, as well as school OC/GATS teachers.

The program is designed to address the specific needs of these students and also satisfy parent and teacher questions around optimal student learning. They would also like to take this opportunity to survey teachers, parents and students regarding future directions for 2014 and beyond. This approach could provide a starting point for rich consultation and program development with the University of Newcastle.

A parent information note has been given to the applicants and copies are at our office.
Details 5.00 pm—6.00 pm
Monday 18 November, Lecture Hall, Callaghan College Jesmond Senior Campus, Janet Street Jesmond.
Please return letters to Waratah Public School by 14 November.

Staff attend an Asthma Training Day.
Our ongoing commitment to training and development for the staff at WPS, continued this week with a session spent with the representatives from the Asthma Council. We were able to refresh our skills and be brought up to date with all our training. This is a helpful reminder to all parents to keep their children’s medical information up to date at school, so please take a minute and check with the lovely office ladies if there have been any changes to your child’s health records and emergency contact information.

Grandparents Week
Congratulations to all the students who took part in the celebration of Grandparents Week, at our special assembly on Friday 25 October. The morning tea, provided by staff and refreshments provided by our wonderful canteen ladies were very yummy! We hope everyone was able to enjoy the time we shared and hope to do it again very soon. Grandparents are always welcome at Waratah Public School.

School Evaluation – IT’s On Again!
Thank you to all the parents who provided feedback in the General Survey. We now are chasing surveys from parents for our Discipline and Rewards Systems. The aim of
this survey is to gauge what you value, what you appreciate and what you want to see happening with these systems. I look forward to sharing this year’s Survey responses with the P&C at the next meeting on Monday 4 November. I hope to see you there.

Presentation Day 2013
At the end of the year we are holding two presentation day ceremonies on

Wednesday 11 of December,
The Years 3—6 ceremony is at 10.00 am and the K—2 ceremony is at 11.45 am, approx. For those parents who would like to attend both presentations, there will be morning tea between the ceremonies.

Please mark the date on your calendar...

Pick Up and Drop Off
Please be mindful of safety when dropping your children off in the morning and picking up your children in the afternoon. The ‘No Stopping’ zones are there to prevent accidents and allow drivers to see clearly around the area. Do not call your children to the middle of the road to jump in the car when you are stopped at the crossing. Please find a park in the area to pull over properly and collect your children safely. Even if it takes a few extra minutes of an afternoon or a bit longer walk to get to the gate, MAKE SAFE CHOICES!

PS The fines for this sort of driver behaviour are quite large.

The following is feedback from the video conference on the Environment that 3/4B took part in last week...

Dear Friends and YES ECO 2013 partners,
It was such a pleasure to be collaborating with you at this year’s event. I am still shaking my head in amazement at the brilliant live cross that was effected with Vanuatu on the last day, our fruitful live connections with students and staff at University Sains Malaysia, well crafted intelligent questions to the NSW Environment Minister from Alaskan students and the wonderful engagement of Northmead CAPAHS students who were effectively broadcasting around the globe and chatting with the world. Underpinning all that, the strength of the program offering and agency expertise onsite this year was breathtaking.

Some highlights of YES 2013 were:
- Attendance and fantastic engagement of Minister Robyn Parker who has since prepared a very complimentary speech on YES for Parliament
- Live video conference connections with schools and universities in Malaysia, Vanuatu, Alaska and (prior to the event) Germany
- Student media crews Live Streaming YES to Youtube and hence around the world

The stats are as follows:
- Approximately 6,600 school students participated in YES 2013
- 2519 students onsite over two days (with an additional 300 registered but not attending due to fire affected areas)
- 76 schools onsite over two days
- 153 schools participating in total, inclusive of video conferences
- 55 program providers including 18 showcasing schools
- 4070 participants in Video Conferences up to and at the event
- Video conference schools, 77 in total, including from Alaska (2), Germany (6) prior to Yes, Vanuatu (1), Malaysia (11), NT (6), ACT (1).

1093 live hits on the launch life feed on YouTube in order of views: America, Vietnam, Australia, Mexico, Canada, Japan, Saudi Arabia, UK, Philippines, Thailand, India, Russia, Spain, others.

2 of the Web Video Productions’ live Youtube streams can be viewed now as stand alone clips (scroll through them to see various highlights like Minister Parker engaging with
Alaska, Vanuatu singing us their national anthem and doing sand drawings which we had live up on the Big Screen.

We are very proud of our students at Waratah Public School. They contributed very well and represented our school with pride. Thank you.

**Sun safety**

Our schools take sun safety seriously and implement a range of strategies to support school environments that protect students from the damaging effects of the sun. Each school has a responsibility to provide a safe environment for students and staff and this includes providing adequate protection from the sun.

**Much of the sun exposure that causes skin damage occurs in childhood and adolescence.**

By the age of 15 many children have developed irreversible skin damage from exposure to the sun.

While skin cancer is the most common cancer in Australia, it is estimated that 95% of skin cancers can be prevented through reducing exposure to ultraviolet radiation from the sun.

**Effective sun safety involves the school community working together.**

By reducing exposure to the sun and increasing the uptake of sun safe strategies, schools can make a significant contribution to community efforts to reduce skin cancer and related skin damage.

Schools support students and preschool children to understand why sun safety is important and to take action to protect themselves such as:

- wearing sun safe hats, clothing and sunglasses, seeking shade during peak UVR times during the school day and wearing SPF (or higher) sunscreen.

Encouraging children and young people to practise sun safety is a shared responsibility. Whether in the backyard or on the beach, children and young people should wear a sun safe hat and sunscreen. By practising sun safety at home, parents and caregivers support the messages taught at school about sun safety.

Regards

Mrs Butler

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**SCHOOL SWIMMING SCHEME 2013**

School Swimming Scheme consent forms and payments are due by **Wednesday 6 November 2013. (POSITIONS ARE FILLING FAST)***. Total cost for the 10 day program is **$80.00**

Thank you

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**Stage 3 Fundraiser**

This term we will be hosting a variety of fundraising events. The money raised from these events will be going back into the school with the purchasing of resources for our classrooms and gardens. There will be 2 fundraisers in the next couple of weeks.

**Motivational Posters**—Almond Tree Designs has provided a range of colorful motivational prints for families to purchase. A booklet was sent out last Thursday with a variety of motivational prints, have a look at the designs and if you would like to purchase posters fill in the order form and return to the office. All orders are due by Thursday 31 October. Please note that 50% of the sales will go directly back into our school.

**Ice Cream Day**—This Friday 5/6P will be coordinating an ice cream day – The cost of an ice cream is $1.

Parents thank you for your continued support of our fundraising efforts.

Emily Palmer
Selective high schools application
15 Oct 2013
Online applications open
Entry to Government Selective High Schools for Year 7 in 2015
Application is required by mid November 2013 for parents or carers of Year 5 students who wish their children to be considered for placement in Year 7 at a selective high school in 2015. Parents with internet access are requested to apply online. Online applications will be available from 15 October to 18 November 2013. Application information is available on the Department’s internet at: www.schools.nsw.edu.au/shsplacement
For parents without internet access a limited number of paper application forms will be available from the school. Paper applications must be submitted to the student’s school principal by 18 November 2013. All students seeking Year 7 entry to a selective high school in 2015 will be required to take the Selective High School Placement Test on the morning of Thursday 13 March 2014.

2014 BUS PASSES
If you have a child in Year 2 this year who has a bus pass and you would like them to have a pass next year (Year 3 2014), you will need to complete a new application form. Passes do not carry over from infants to primary. Any student who has changed address or will change address before the 2014 school year commences should also complete a new application form. Please ensure you tick the box for travel next year. Remember, your child is eligible for a bus pass if:
they are an infant student (K-2) OR
they are in primary (3-6) and live outside the 1.6 km radius from the school.

Multilit Literacy Program
Parent helpers are urgently needed for our Stage 2 Multilit literacy program. Please see Mrs Butler for more information.

CanTeen Roster
Thursday 31 October J Sparks R Peterson
Friday 1 November D Williams J Fox
Monday 4 November K Boyle
Tuesday 5 November K Baldwin K Ellis
Wednesday 6 November K Mavridis J Gee

P&C News
The next meeting will be on Monday 4 November in the Library at 6.00 pm.
Anne Campbell

Summer in The Uniform Shop
For Sale
Boys grey cargo shorts (4-16) $16
Girls maroon skorts (4-16) $16
Gold polo shirts with logo $22
Maroon Homework bag $8
Cash, cheque or lay-by only.
Monday: 8.30-9.15am
Friday: 2.30-3.15pm

PROUD SUPPORTERS OF WARATAH PUBLIC SCHOOL
Give your parenting a spring clean

With spring in the air there is no better time for a little parenting spring clean to make sure you are on track to raise happy, confident and resilient kids.

Every parent I know wants to be the best parent they can be. Yet despite the best intentions it’s easy to develop poor parenting habits that don’t do our kids any favours.

With spring in the air there is no better time for a little parenting spring clean to make sure you are on track to raise happy, confident and resilient kids.

Here is a checklist of 10 parenting ideas designed to help you put some psychological muscle on your kids:

1. **Encourage effort and improvement more than results:** Descriptive praise is better than generalities. Better still, as kids get older focus your comments more on effort, improvement and contribution than on results. And don’t make your kids reliant on what you think about them as their source of self-esteem.

2. **Get kids to help without being paid:** A little payment for jobs is okay, but don’t go overboard. Teach kids what’s in it for ‘we’ not ‘me’. By the way, the use of rosters is a great way to get kids to help.

3. **Balance free time with organised time:** For learning reasons (*kids learn a lot when play and activities are self-directed*) and mental health reasons make sure kids have plenty of MOOCH time.

4. **NO deals with kids:** If you bribe kids to behave well you teach them that they get what they negotiate. That’s hard work in family life. Better to give them a treat after they’ve behaved well as a show of appreciation rather than make their good behaviour contingent on a reward, also known as bribery.

5. **Train your kids to speak for themselves:** Give your kids the words they need to speak for themselves in all situations including when they are not with you.

6. **When kids can, they do (make lunches, get themselves up, etc):** Sometimes we do things for kids that make us feel like a mum or a dad. Your job is to make yourself redundant as a parent so teach your kids to do/make/speak for themselves and work your way out of a job. NB: You will never become redundant as a mum or a dad.

7. **Don’t give them things just because they ask:** Character is built through impulse control. Resist giving them what they want even if you have the capacity to do so. **Waiting, saving** and **goal-setting** are admirable skills that are developed through scarcity.

8. **Give kids a chance to sort out their fights and squabbles:** The default mechanism for most sibling conflict is compromise. We’ve just got to give kids a chance to work things out themselves. There are legitimate times to get involved but we need to know what we are doing and why.

9. **Use consequences to develop responsibility:** Don’t rescue kids when they leave that school lunch at home, when they are late for school or they are less than pleasant to another child. **Allow consequences to teach your kids the important lessons of life.** You mess up sometimes but you can make up and/or move on – and you can learn from the experience.

10. **Put the camera down – be in the moment:** Make sure your mind is where your body is and be fully present when you are with your kids. Take more mental pictures than photos and build their family memories.

This checklist is designed to stimulate some thinking and conversation about your current child-rearing practice. It’s not intended as a template for good parenting. It may even stimulate you to do less of some things and more of others. Incremental change is how we become better at most endeavours, including raising children.
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<td>28 October</td>
<td>29 October 2014 Kinder Orientation 9.30 - 10.30</td>
<td>30 October</td>
<td>31 October Belinda Muriel author talk 9-10 K-6 classes</td>
<td>1 November Pre-school Orientation morning 10.00—11.00</td>
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<td>P&amp;C Meeting 6.00 pm Library</td>
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<td>6 November</td>
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<td>29 November Thank you afternoon tea 2.00—3.00</td>
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<td>2 December</td>
<td>P&amp;C Dinner</td>
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<td>Canteen student Christmas dinner</td>
<td>6 December Whole School Assembly 11.30 am</td>
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<td>Scripture service In the hall 9.15 Orientation Day at WTH for Year 6</td>
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<td>Pre-school Christmas Concert</td>
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<td>9 December</td>
<td>10 December Rehearsals for presentation Day</td>
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<td>Presentation Day Years 3—6 10.00 am Years K—2 11.45 am Reports Go Home!</td>
<td>13 December Last Canteen Day St 2 Party Day</td>
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Go4Fun is a free healthy living program for kids to become fitter, healthier and happier. The program is fun and interactive and supports 7–13 year old children and their families to adopt a healthy lifestyle and a long lasting and healthy approach to living. Children and their families become fitter, healthier and happier as they have fun, meet new friends and learn new skills.

**Who can participate?**
The program has been specifically designed for children aged 7-13 years who are above a healthy weight, and their parents.

**What happens on the Go4Fun program?** The program consists of 20 sessions, twice a week for 2 hours. Highlights include:

- Weekly games and activities for children.
- Fun, interactive discussions to teach you easy and effective ways to improve your child’s nutrition, physical activity and self-esteem.
- Practical demonstrations, games and tips about healthy foods, label reading and portion sizes.
- The chance to try delicious and healthy new foods!

**Why join Go4Fun?**
- FREE healthy living program to help 7-13 year olds and their families to lead healthier lives
- Make new friends
- Feel more confident and boost self esteem
- Get fit playing fun games
- Set goals to reach and maintain a healthy weight

**How to Register**
Places on the program are limited, so register today and make sure you don't miss out!

Free call 1800 780 900 or register online at www.mendcentral.org

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**KINDERGARTEN AND PRESCHOOL ENROLMENTS ARE NOW BEING TAKEN FOR 2014**

Please contact the school office for an application form

Children must turn 5 before 31 July the year they are attending Kindergarten
Children must turn 4 before 31 July the year they are attending Preschool