Dear Parents

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 Harrison 2/3S—Country Championships.

Wow, congratulations to another sporting champion in our school. By the look in the photo of Harrison from the recent Judo Championships in Nowra, I would not challenge him to a contest. Harrisons travels to the Central Coast twice a week for training. Here is his story:

On the 26th and 27th of October I went to the Country Championships and the South Coast Open for judo. We left on Friday and on the way we went to Jamberoo Water Park. We had to leave the park at 4.30 pm to get to the weigh in at Bomaderry Basketball stadium by 6.00 pm. I weighed in at 31.9kg and was put into two divisions, u34kg and u38kg.

Saturday was the Country Championships and I had 4 fights including a tough one against my friend, who left me with a black eye. I managed to win all four fights and two gold medals.

The next day was the South Coast Open and this day I had 6 hard fights but still managed to win 5, losing by golden score in the last fight against an opponent 2 years older and 6kg heavier than me. I got a gold and a silver taking my tally to 3 golds and one silver.

10 Things You Didn’t Know About …Mr Forbes
1 I am known among friends for my cooking skills and how unhealthy they can be. Case in point - “schnasagne.” Chicken schnitzel layered in lasagne.
2 I love debating. Nothing says fun like tearing your opposition to shreds (with words).
3 My full name is Wayne Peter Forbes. I was meant to be Peter Wayne but my dad got it wrong on the birth certificate.
4 I am unashamed to say that my favourite movie of all time is The Wizard of Oz.
5 I eat a red apple every day. I do not like green apples.
6 I used to be a real clean freak - I even used...
to iron my socks and jocks!
7 I have incredibly wide feet and I find it hard to find shoes that fit.
8 I won a gold medal competing at state level gymnastics before moving onto diving.
9 In summer I go to the beach every day and swim laps. I want to learn to surf this year.
10 I have an obsession with cooking and eating Chinese-style dumplings that is bordering on to a serious problem.

Student Leave
When taking your children on a holiday during school time please consider applying for ‘Exemption’ as there is a limit to the number of ‘Leave’ days we can approve. Please ask our wonderful office ladies for a copy of this exemption form next time you are considering a holiday during school time.

Wanted-Gloss Paint!
We require some gloss paint for our shelves in the canteen. If you have some spare can you please drop it off at the canteen.

LOST PROPERTY
The box at the back of the canteen is overflowing with lunch boxes and clothing. Please drop in to collect what is your child’s ASAP as we will be donating unlabelled items to charity at the end of this week.

PARENT HELPERS MORNING TEA
All the invites have been sent out this week. If your child has not delivered yours to you, feel free to drop into the office and collect another copy.
DATE: 29 November 10.30 am—11.30 am
We thank all the helpers and hope you can make this morning tea to allow us to thank you for all your help and support, no matter how small or large.

Thank you P&C 2013
At our last meeting on Monday night we had a lot of interesting conversations. I’m proud of the way our P&C have worked so hard this year and we thank them for their huge financial contribution towards the installation of phones to all classrooms. The $4800 will give us a great start to the further installation of Wi-Fi across the school in the near future. I would also like to thank the President, Mrs Verity Curry for all her hard work. Many thanks from the staff and students.

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...

Regards
Mrs Butler

Congratulations
Congratulations to Lachlan Mills who shaved his head in order to raise money for the Relay for Life on Saturday. It was a brave thing you did Lachlan and we are proud of your efforts. On Monday Waratah Public School dressed in Purple to support Lachlan. We raised $296.90 and altogether Lachlan raised a total of $900. Lachlan wishes to thank the whole school for their support.

INTENSIVE SWIMMING
There are only 16 positions left for the intensive swimming scheme. Payment of $80 is due by Friday 8 November.
Callaghan College Invitation
Afternoon Workshop for students K—6 in 2014
Callaghan College will be holding an afternoon workshop for 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 students and their parents, as well as school 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 reply to Waratah Public School by 14 November.

MOTIVATIONAL PRINTS
Important Message
You have been provided with a fundraising catalogue and it’s now time for you to place your order. They are great stocking fillers and another way you can support your school with 50% of the sale going back to our school. If you need to look at a catalogue come to the front office and have a look.
Orders for the Stage 3 fundraiser are due on Wednesday 13 November.
Thank you for your continued support.
Emily Palmer
Stage 3 Teacher

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.
**Uniform Schedule Changes**

Over the past 10 months Waratah Public School Uniform schedule has been undergoing review with the focus of simplifying current choice, reducing cost but still maintaining a unified smart look. Consultation through surveys, The Uniform Shop Committee, the P&C and teaching staff resulted in streamlining our current uniform choice. A copy of the new Uniform Schedule is attached.

One of the main changes was to remove the girls winter tunic uniform, due to unpopularity and cost, and utilise the girls summer tunic all year round accompanied with maroon tights, maroon jumper or bomber jacket. This doesn’t mean the winter tunic cannot be worn only that the Uniform Shop is no longer stocking this item.

Photos of the school uniform choices will soon be displayed in the office foyer, on the school’s website and at the uniform shop.

Richelle Ervine  
P&C Uniform Shop

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**Christmas Hamper Raffle**

We are looking for donations for the Christmas Hampers. Please place in the box outside the canteen.

Thank you for your support

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**Some Hamper Donation Ideas**

- Savoury Biscuits
- Sweet Biscuits
- Muesli Bars
- Lollies
- Spreads
- Chips
- Minced Pies
- Nibbles – nuts etc.
- Cake Mix
- Pancake/Pikelet Mix
- Noodles
- Pasta
- Sauces – Tomato, BBQ, Apple etc.
- Pesto
- Tomato Paste
- Gravy Powder
- Stock
- Jams and Conserves
- Pickles/Chutney
- Marinades
- Tinned Food – Fruit and Veg
- Tinned Tuna etc.
- Baked Beans etc.
- Pasta Sauce
- Bon Bons
- Wrapping Paper
- Sticky Tape
- Wrapping Decorations
- Christmas Tree Decorations
- Napkins
- Foil
- Cling Wrap
- Baking Paper
- Soft Drink
- Juice
- Cordial
- Apple Cider
- Anything that would help for Christmas Lunch or feed the kids during the holidays.

Merry Christmas and Thank You
Improve your child’s concentration at home

Like any skill, concentration can be improved and made automatic.

To accomplish any task you need to be able to concentrate your attention for a time. It is a requirement for learning. Kids not only need to be able to focus on tasks but to stay in the one place long enough so they can listen to and follow instructions.

Most kids, from time to time, will experience some concentration or focusing difficulties. This is particularly true when they are over-tired, over-stimulated or over-loaded. However some children due to either their physiology or psychology have greater difficulty focusing on tasks and on people than others. Either they find settling into or starting a task a problem or they lose focus easily and leave tasks half done.

There are many things you can do at home to impact on children’ concentration levels. Like any skill, concentration can be enhanced and made automatic. The trick to effective concentration is to know what to concentrate on and what to filter out.

Here are five ideas you can use to help kids to concentrate better:

**Attend to their physiological needs:**
Most children and teenagers concentrate best after nine hours sleep so make sure they get sufficient sleep. Reduce sugar intake and increase protein levels with lean meat, almonds and eggs. This stimulates their dopamine levels which make concentration easier, particularly for lethargic kids. Frequent breaks for exercise have a similar effect.

**Remove distractions at home:**
List the distractions at home that may prevent your child from concentrating. These include; noise, people, lighting, fighting, fatigue and hunger. List ways to eliminate or reduce, and work at them systematically.

**Create the mood for concentration:**
Calming background music, placing a fish tank (with fish) in a place of work and removal of fluorescent lights are some simple ways to make the environment more amenable for concentration. These strategies have been used successfully in overcoming concentration problems in many 'boy-friendly' schools.

**Introduce sequencing and organisation activities:**
The link between sequencing and concentration is a strong one. Following recipes, setting the table and putting things in alphabetical order are great activities for kids who have concentration difficulties. Board and card games promote children’s ability to focus on tasks as well.

**Figure out what activities your child focuses on best:**
Some kids concentrate better when they are involved in hands-on activities, while others focus better when there are plenty of visual cues to help them. That’s why teachers use hand signals such as ‘hands on heads’, and ‘fingers on lips’ to indicate quiet. Look for activities that your child gets lost in; and those activities that they can spend literally spend hours in. These activities enhance children's concentration levels.

Like any skill, concentration can be improved and made automatic. Anyone who has learned to drive a car will have had the experience of thinking, "How will I concentrate on all these things?" Extensive practice allows for the pathways of concentration.

It helps before you begin to assist kids to concentrate better if you pay close attention to their pattern of concentration and see if there are links between diet, their energy pattern, sleep and your own behaviour.
<table>
<thead>
<tr>
<th>T4</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>4 November Preschool Vision Screening</td>
<td>5 November Preschool Vision Screening</td>
<td>6 November</td>
<td>7 November Preschool Vision Screening</td>
<td>8 November Preschool Vision Screening</td>
</tr>
<tr>
<td></td>
<td>P&amp;C Meeting 6.00 pm Library</td>
<td>2014 Kinder Orientation 9.30 -10.30 Parents – school counsellor</td>
<td></td>
<td></td>
<td>Whole School Assembly 11.30 am</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Intensive Swimming</td>
<td>Intensive Swimming</td>
<td>Intensive Swimming payment due</td>
</tr>
<tr>
<td>6</td>
<td>11 November Prospective leaders Speeches</td>
<td>12 November Intensive Swimming</td>
<td>13 November Intensive Swimming</td>
<td>14 November Intensive Swimming</td>
<td>15 November Intensive Swimming</td>
</tr>
<tr>
<td>7</td>
<td>18 November Jerral Puppets Preschool All Library Books due</td>
<td>19 November Waratah High School Open Afternoon 4pm-5.15pm</td>
<td>20 November Intensive Swimming</td>
<td>21 November Jerral Puppets Preschool</td>
<td>22 November Intensive Swimming</td>
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<tr>
<td>8</td>
<td>25 November</td>
<td>26 November</td>
<td>27 November</td>
<td>28 November</td>
<td>29 November Thank you morning tea</td>
</tr>
<tr>
<td>9</td>
<td>2 December P&amp;C Dinner</td>
<td>3 December Canteen student Christmas lunch</td>
<td>4 December Scripture service In the hall 9.15 Orientation Day at WTH for Year 6</td>
<td>5 December Pre-school Christmas Concert</td>
<td>6 December Whole School Assembly 11.30 am</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Preschool Christmas Concert</td>
<td></td>
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</tr>
<tr>
<td>10</td>
<td>9 December</td>
<td>10 December Rehearsals for presentation Day</td>
<td>11 December Presentation Day Years 3—6 10.00 am Years K—2 11.45 am Reports Go Home! Year 6 farewell</td>
<td>12 December</td>
<td>13 December Last Canteen Day St 2 Party Day Twilight Picnic 5.00—6.45</td>
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<tr>
<td>11</td>
<td>16 December K-2 Party day</td>
<td>17 December St 3 Party Day</td>
<td>18 December Students Last Day 2.30 Year 6 clap out</td>
<td>19 December SDD</td>
<td>20 December SDD</td>
</tr>
</tbody>
</table>
## Waratah Public School
### Uniform Shop Price List 2013

<table>
<thead>
<tr>
<th>Days</th>
<th>8.30am to 9.15am</th>
<th>2.30pm to 3.15pm</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tunics / Skorts</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Summer Tunic (Girls)</td>
<td>Size 4 – 8</td>
<td>$38.00</td>
</tr>
<tr>
<td></td>
<td>Size 10 - 16</td>
<td>$40.00</td>
</tr>
<tr>
<td>Maroon Skort (Girls)</td>
<td>Size 4 - 16</td>
<td>$16.00</td>
</tr>
<tr>
<td><strong>Tops</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Polo Shirts Short Sleeved (Unisex)</td>
<td>Size 4 – 8</td>
<td>$22.00</td>
</tr>
<tr>
<td></td>
<td>Size 10 – 14</td>
<td>$23.00</td>
</tr>
<tr>
<td></td>
<td>Size 16 +</td>
<td>$24.00</td>
</tr>
<tr>
<td>Polo Shirts Long Sleeved available to order at $3.00 extra (Unisex)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bomber Jackets (Unisex)</td>
<td>Size 4 – 8</td>
<td>$37.00</td>
</tr>
<tr>
<td></td>
<td>Size 10 – 14</td>
<td>$38.00</td>
</tr>
<tr>
<td></td>
<td>Size 16</td>
<td>$39.00</td>
</tr>
<tr>
<td>Maroon Cotton Fleecy Jumper (Unisex)</td>
<td>Size 4-16</td>
<td>TBA</td>
</tr>
<tr>
<td><strong>Bottoms</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grey Cargo Shorts (Boys)</td>
<td>All sizes</td>
<td>$16.00</td>
</tr>
<tr>
<td>Maroon Sports Shorts (Unisex)</td>
<td>All sizes</td>
<td>$15.00</td>
</tr>
<tr>
<td>Maroon Straight Leg Fleecy Track Pant</td>
<td>Size 4 - 16</td>
<td>TBA</td>
</tr>
<tr>
<td>Bootleg Pants (Girls)</td>
<td>Cotton (All sizes)</td>
<td>$27.00</td>
</tr>
<tr>
<td></td>
<td>Polyester/Cotton (Size 4 – 14)</td>
<td>$28.00</td>
</tr>
<tr>
<td></td>
<td>Polyester/ Cotton (Size 16 +)</td>
<td>$31.00</td>
</tr>
<tr>
<td>Grey Cargo Pants (Boys)</td>
<td>TBA</td>
<td>TBA</td>
</tr>
<tr>
<td><strong>Other</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bucket Hat (Stage 3 only)</td>
<td>S/M, L/XL</td>
<td>$14.00</td>
</tr>
<tr>
<td>Broadbrim Hat (K-4)</td>
<td>55, 57, 59 cm</td>
<td>$18.00</td>
</tr>
<tr>
<td>Maroon Tights (Cotton)</td>
<td>Sizes 4 – 6, 7 – 10, 11 – 14</td>
<td>$10.00 for 1 pair</td>
</tr>
<tr>
<td>Grey Socks (Bonds)</td>
<td>All sizes</td>
<td>$12.00 / 4 pairs</td>
</tr>
<tr>
<td>Drawstring Library Bag</td>
<td>Maroon with emblem screenprinting</td>
<td>TBA</td>
</tr>
<tr>
<td>Homework Document Bag</td>
<td>Waterproof A4 size with carry handle</td>
<td>$8</td>
</tr>
<tr>
<td>School Badges</td>
<td></td>
<td>$3</td>
</tr>
<tr>
<td>Maroon Scarf</td>
<td></td>
<td>$2</td>
</tr>
</tbody>
</table>

Prices are subject to change without notice. **Cash or Cheque Only.**
Cheques to be made out to Waratah Public School P&C Association WPS Uniform Shop. Please record drivers license and contact number on rear of cheque.
Kindergarten & New Starter Uniform Packs

**Boys Pack**
- Gold polo Shirt
- Grey Cargo Shorts
- Broadbrim School Hat
- School Badge

Pack Sale $50  
Normally $59

**Boys Pack 2**
- Gold polo Shirt (x2)
- Grey Cargo Shorts (x2)
- Broadbrim School Hat
- School Badge

Pack Sale $85  
Normally $97

**Boys Pack 3**
- Gold polo Shirt (x3)
- Grey Cargo Shorts (x3)
- Broadbrim School Hat
- School Badge

Pack Sale $120  
Normally $135

**Girls Tunic Pack**
- Tunic
- Broadbrim School Hat
- School Badge

Pack Sale $50  
Normally $59

**Girls Tunic Pack 2**
- Tunic (x2)
- Broadbrim School Hat
- School Badge

Pack Sale $85  
Normally $97

**Girls Tunic Pack 3**
- Tunic (x3)
- Broadbrim School Hat
- School Badge

Pack Sale $120  
Normally $135

**Girls Skort Pack**
- Gold polo Shirt
- Maroon Skort
- Broadbrim School Hat
- School Badge

Pack Sale $50  
Normally $59

**Girls Skort Pack 2**
- Gold polo Shirt (x2)
- Maroon Skort (x2)
- Broadbrim School Hat
- School Badge

Pack Sale $85  
Normally $97

**Girls Skort Pack 3**
- Gold polo Shirt (x3)
- Maroon Skort (x3)
- Broadbrim School Hat
- School Badge

Pack Sale $120  
Normally $135

**Girls Mixed Pack A**
- Tunic
- Gold polo Shirt
- Maroon Skort
- Broadbrim School Hat
- School Badge

Pack Sale $85  
Normally $97

**Girls Mixed Pack B**
- Tunic (x2)
- Gold polo Shirt (x1)
- Maroon Skort (x1)
- Broadbrim School Hat (x1)
- School Badge(x1)

Pack Sale $120  
Normally $135

**Girls Mixed Pack C**
- Tunic (x1)
- Gold polo Shirt (x2)
- Maroon Skort (x2)
- Broadbrim School Hat (x1)
- School Badge(x1)

Pack Sale $120  
Normally $135
Waratah Public School Uniform Schedule

**SUMMER UNIFORM**

**Girls**
- A-line dress with collar - cotton dacron in maroon, white and navy tartan or
- Maroon skort with gold polo shirt
- White Socks
- Black Shoes

**Boys**
- Grey Shorts
- Gold Polo Shirt
- Grey Socks
- Black Shoes

**WINTER UNIFORM**

**Girls**
- A-line dress with collar - cotton dacron in maroon, white and navy tartan
- Maroon thick cotton stockings
- Gold Polo Shirt - long sleeved
- Maroon straightleg tracksuit pants or maroon cotton bootleg pants
- Maroon Jumper/ Bomber Jacket
- White socks
- Black shoes

**Boys**
- Grey shorts or long grey pants
- Gold Polo Shirt - long sleeved
- Maroon Jumper/ Bomber Jacket
- Grey Socks
- Black Shoes

**SPORTS UNIFORM**

**All Students**
- Gold Polo Shirt
- Maroon Shorts
- White Socks
- Sports shoes or joggers

**Winter**
- Gold Polo Shirt - long sleeved
- Maroon Jumper/ Bomber Jacket
- Maroon cotton fleecy-lined tracksuit pants
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

CHRISTMAS FEAST
The Canteens last special lunch for the year is ‘Christmas Roast’ on Tuesday 3 December.
Lunch will consist of roast potato, chicken, peas and gravy, drink, dessert and treats.
Cost $7.00
If you would like to order please send in order form and money to canteen NO LATER THAN FRIDAY 29 NOVEMBER - NO OTHER HOT FOOD WILL BE AVAILABLE ON THIS DAY

NAME ________________________________ CLASS ____________

PLEASE TICK YOUR CHOICES

□ POTATO □ CHICKEN □ JELLY WITH M&MS
□ PEAS □ GRAVY □ LOLLY TREAT
□ APPLE JUICE □ ORANGE JUICE □ GIFT
□ WATER