Dear Parents
Our Stage 3 excursion to Canberra and the snow was a huge success with students experiencing an extended bus trip, visiting Parliament House, The National War Memorial, The Electorate Education Centre, The CSIRO Discovery Centre, Telstra Tower and having a day of fun in the snow at Smiggin Holes. Teachers reported a wonderful time with students learning a great deal and exhibiting helpful and cooperative behaviour. Thank you to all our Stage 3 teachers for making this experience possible for our students.

Parent Workshops
Thank you to Mr Lynch for the excellent presentation on maths groups and maths teaching that was presented last Thursday. I have had very positive feedback about how worthwhile his and Mrs Wall’s sessions were.

Charlestown Square Performance
Congratulations to our Junior Dance Troupe who greatly impressed the crowd at Charlestown Square last week. The students were not only great dancers, they were also excellent ambassadors for Waratah Public School.

“Kids at Sea” Whole School Musical
Waratah Public School has been preparing a musical to perform for our families. This has been a huge venture requested by parents in our 2011 parent consultation. The show features every class K-6 as well as a group of actors who weave the plot together. Our whole school musical will have 2 performances.
Matineee performance— Wednesday 28 August 1.00 pm – Waratah Technology High School Hall
Evening and main performance—29 August 6.45 pm – Waratah Technology High School Hall

Why a musical?
As well as being a request from parents there are more educational reasons to support the production. Creative and Performing Arts are a part of each school’s curriculum and this year our school musical is a major focus of this key learning area. Participating in plays, songs and dances contributes to the development of reading skills, encourages creativity and nurtures positive social interaction, cooperation and creative problem solving. It gives students a purpose for learning and provides an authentic audience for the students’ work.

About the musical
On Wednesday 28 August we will be bussing the students to the high school. The school will cover the cost for the bus but parents will need to sign a permission note.
On Thursday 29 August students will need to be at the high school at 6.00 pm so that we can prepare them and be ready to perform by 6.45 pm.
There will be waiting rooms for the students to sit in while they wait for their performances to commence. The show should be over by 8.15 pm.

In order to cover the cost of costumes, sound and lighting we are charging for tickets $15 per person or $50 for 2 adults and 2 children. **STUDENTS WHO PERFORM IN THE MUSICAL WILL NOT NEED SEATS AND WILL NOT NEED TICKETS.**

Costumes
Thanks to the hard work of our costume team and class teachers and the costumes we have been able to borrow, there should only be one or two items that parents will need to provide and we hope that these are items that are already in the students’ wardrobes.

A note will be going home to each class with requests. **Please contact your child’s class teacher if there is any problem with supplying this request.**

Regards
Maria Williams

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**Our New Waratah Garden**

As a part of National Tree day, we established a new ‘waratah’ garden. These iconic Australian plants have a notorious reputation for being fussy and often hard to grow. After lots of research on suitable soils, growing conditions and the right garden location, consultation with other successful growers, and finger-crossing the school leaders, Mr Younger, Mrs Williams and myself planted 2 waratah plants in a newly established garden in front of the school administration building adjacent to the staff carpark. A big thank you goes to the Farragher family for their donation of 2 waratah plants and to Ambrose for planting our first ‘waratah’.

Richelle Ervine
P&C

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**Waratah Public School Values Statements**

*At Waratah Public School* we care about all aspects of our students’ welfare and learning.

We believe that students have the right to feel safe and secure. This includes physical, emotional and technological safety.

*At Waratah Public School* we maximise educational outcomes for all students by focusing on learning that is purposeful, challenging and rewarding. Through encouraging creativity and fostering technological skills, we nurture creative problem solvers who can adapt and thrive in an ever changing world.

*At Waratah Public School* we encourage positive behaviour and relationships by fostering:

- enthusiasm for learning;
- respect for our school and each other, and
- responsibility
**ELECTION DAY BBQ – VOLUNTEERS NEEDED!**

Waratah Public School (WPS) P&C will be holding an **Election Day BBQ** on the **7 September 2013** to help raise funds for much needed equipment and resources for our students. By helping the students at WPS, you are not just helping them, but you’re also investing in the long term future of our community.

Volunteers are **URGENTLY** needed to make this a truly successful event so any time you could spare to help out would be truly appreciated. We are looking for 4-6 people per timeslot and roles will involve ticket sellers, BBQ cooks and food service. The BBQ will operate from 6.00 am until 3.00 pm and we will be doing Bacon & Egg rolls in the morning and sausage sandwiches for Lunch.

Please fill in the attached slip and return to the P&C post box (located at the office) or contact Angela on 0410 487 996.

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**Waratah Public School**  
**150 Year Anniversary**  
**2014 Fete**

**Please Join Us On**  
**Wednesday 21st August**  
**At 3.15 pm in Library**  
**Afternoon Tea will be provided**

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**UNIFORM ROSTER**

<table>
<thead>
<tr>
<th>Day</th>
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<th>WPS P&amp;C</th>
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<tr>
<td>Monday</td>
<td>12 August</td>
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<td>Friday</td>
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**Sausage Sizzle**  
**New Dates**  
**Woolworths Mayfield**  
**24 August**  
**And**  
**9 November**  
Come and join us for this mouth-watering event.  
If you can help out on the day please leave a note in the P&C Box in the office foyer or call Anne on 0448688817.
"Kids at Sea" is a very popular musical that has been performed by schools all over Australia with great songs, witty dialogue, and amusing characters. It is set in 1900 in London and the mysterious Far East.

Join us as we sail the seven seas with young Harold Sindbad, meeting pirates, mer-people, sultans, Roc Birds and ending up on Neptune’s Fabulous Treasure Island. The show’s theme is one of fun, optimism and having a positive attitude to life.

There will be 2 performances

**Matinee performance Wednesday 28th August**
1.00pm – Waratah Technology High School hall

**Evening and main performance**
6.45 pm – Waratah Technology High School Hall

**Tickets**
Adults $15 Children $10
Or
$50 for 2 adults and 2 children

On sale Monday 12 August from the school office
Election Day BBQ – 7 September 2013

Name: ___________________________________________  Best Contact Number: ____________________

I am able to volunteer (please tick √ a time)

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<td>6.00 am – 7.00 am</td>
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KIDS AT SEA TICKETS

Kids at Sea Tickets—can be purchased at the school office from MONDAY 12 August. They may also be organised by using this tear off slip and returning in school envelope to the office post box. (Please note tickets will only be given to an adult)

Cost—Adult $15.00/Children $10.00

Name ..............................................................................

Child’s name and class ................................................................

Number of tickets ........................................................................

Money enclosed .............................................................................

I will collect tickets.  Yes/No

.............................................................. will collect tickets on my behalf

Please collect tickets from the office

Please note students performing in the show WILL NOT NEED TICKETS
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

2013/2014 ENTERTAINMENT BOOK ORDER

Name __________________________________________ Phone __________________
Child’s Name______________________________________  Class _________________

Quantity ___________  @ $60.00 each   Total Amount $______________________

Layby Request       Yes/No

Please complete the slip and return with money in a sealed envelope marked “Entertainment Book” to the P&C Post Box (located at the main office)

CA{
THEEN  PIZZA DAY Tuesday 3 September 2013

The canteen is holding a special pizza lunch day on Tuesday 3 September. If you would like your child to participate in the pizza day please fill out the form below and return it to the canteen no later than Friday 30 August. Lunch will consist of pizza, drink and lolly treat

Cost : $6.00

No other hot food will be available on this day.

Name:-------------------------------------Class:------

Pizza     Cheese □     Vegetarian □     Meatlovers □
Poppa     Orange □     Apple □     Water □
Lolly treat □
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<th>T3</th>
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<tr>
<td>4</td>
<td>5 August P&amp;C Meeting 6.00 pm library</td>
<td>6 August</td>
<td>7 August</td>
<td>8 August Water safety workshops</td>
<td>9 August</td>
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<td>5</td>
<td>12 August Kids at Sea tickets on sale from office</td>
<td>13 August</td>
<td>14 August 12.20 pm Yrs 5-6 Police talks 2.00 pm Yrs 3-4 Police talks</td>
<td>15 August 2.00 pm Yrs K-2 Police talks</td>
<td>16 August</td>
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<td>6</td>
<td>19 August Whole school rehearsals</td>
<td>20 August</td>
<td>21 August 150 Year Anniversary 2014 Fete meeting 3.15 pm in the library</td>
<td>22 August</td>
<td>23 August Whole school assembly 11.30 am</td>
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<td>26 August</td>
<td>27 August Fathers Day Stall</td>
<td>28 August School Matinee performance 1.00 pm Waratah Technology High School hall</td>
<td>29 August Fathers Day Stall School Musical Evening performance 6.45 pm Waratah Technology High School hall</td>
<td>30 August Regional Athletics Carnival</td>
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<td>8</td>
<td>2 September Pizza day at the canteen</td>
<td>3 September</td>
<td>4 September Kindergarten Information night for parents 6.30 pm P&amp;C talk</td>
<td>5 September</td>
<td>6 September Oakvale Farm excursion KINDERS ONLY</td>
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<td>9</td>
<td>9 September</td>
<td>10 September</td>
<td>11 September</td>
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<td>13 September 11.30 whole school assembly</td>
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<td>20 September Last day of Term 3</td>
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<td>DINOSNACKS 1 KG</td>
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<td>FISH COCKTAIL 1 KG</td>
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<td>POTATO NUGGETS 2 KG</td>
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<td>SALT &amp; PEPPER SQUID 1 KG</td>
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**TOTAL**

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**DATE FOR ORDER FORM TO BE RETURNED** — Wednesday 14 August 2013

**COLLECTION DATE** — Monday 19 August from the canteen

**All products supplied by Ithaca Cold Storage**

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**FREEZER FILERS**

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**BUYER'S NAME ___________________________**

**CHILD'S NAME ________________________**

**CONTACT NO __________________________**

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**DATE FOR ORDER FORM TO BE RETURNED** — Wednesday 14 August 2013

**COLLECTION DATE** — Monday 19 August from the canteen

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**FREEZER FILERS**
The language of resilient families

Children and adults in resilient families tune into the needs of each other, choosing situation-specific language, rather than simply regurgitating generalised ‘feel-good’ or ‘get-on-with-it’ platitudes.

Resilient families develop their own words and phrases to help each other get through the inevitable tough times that each person experiences. The language of resilience generally refers to coping strategies such as empathy, humour and acceptance.

Following are 10 examples of the language of resilience, the coping skills each reflects and the types of situations where they are applicable.


Humour is a great coping strategy and a powerful tool for resilience as it heightens feelings of control. Some children and young people will naturally crack jokes or make fun of seemingly serious situations. This is a fantastic way to release stress and handle feelings of helplessness. As a parent you may need to lighten up tense situations by introducing humour of your own, which is something that many dads do really well.

2. “Don’t let this spoil everything.” Strategy: containing thinking Good for: kids who feel overwhelmed; kids who experience rejection; perfectionists

The ability to compartmentalise bad events and keep them from affecting all areas of life is a powerful coping skill. Sportspeople, politicians and others who work in the public arena need to be adept at it. When something unpleasant happens during recess, for example, kids need to park their thinking about that event so they can get on with the rest of the day. The ability to compartmentalise thinking is a fantastic life skill kids can learn within their family.


When kids are troubled by events or spend too much time brooding it helps to do something to get their minds off things for a time. Playing games, spending time together, watching some TV, going out – are all good distracters for worried, anxious or stressed kids. Self-distraction is healthy, providing some welcome perspective. It also prevents kids from replaying awful experiences in their heads, blowing them out of proportion.

4. “Who have you spoken to about this?” Strategy: seeking help Good for: kids who experience bullying and social problems; handling all types of personal worries.

Resilient people seek solace in the company of others when they experience difficulty. That’s why social connection is such a strong preventative strategy for young people. The promotion of help-seeking behaviours is one of the best coping strategies of all. Even if kids don’t overtly talk about what’s bothering them, it can be immensely reassuring to spend time around others who are empathetic, understanding and willing to listen and help.

5. “I know it looks bad now but you will get through this.” Strategy: offering hope Good for: kids experiencing loss, bullying, change or extreme disappointment.

There are times when parents can do nothing else but keep their children’s
chins up and encourage them when life doesn’t go their way. Being the ‘hope’ person can be hard work, that’s why parents need to be supported by resilient people and workplaces too. It helps to be mindful that a child or young person’s resilience is nurtured by the presence of at least one supportive adult. You may have to be that person!

6. “What can you learn from this so it doesn’t happen next time?” Strategy: positive reframing Good for: kids who make mistakes, let others down or experience personal disappointment

One of the common attributes of optimistic people is their ability to find a learning, or look for a message, in difficult or negative situations. Parents can help kids reframe events to help them see things differently. For instance, rather than regarding a public speaking opportunity as problematic and a chance to look foolish it’s better to reframe it as a challenge and a chance to shine. It also helps when parents model reframing so kids see you changing how you view seemingly negative or worrying situations.

7. “Don’t worry – relax and see what happens!” Strategy: acceptance Good for: kids who worry about exams or performing poorly in any endeavour; pessimists.

If you’ve ever been driving to an important event only to be stuck in traffic then you would know that there are some situations you just can’t control. The only way to cope is to accept what’s happening because worrying and fretting won’t get you anywhere. Similarly, parents with a resilience mindset can help kids understand what’s worth worrying about and what’s not, and that some things won’t change no matter how much kids fret or beat themselves up!

8. “This isn’t the end of the world” Strategy: maintaining perspective Good for: kids who catastrophise or blow things out of proportion.

While most of us catastrophise at times, jumping to the worst possible conclusion, it is a habit that only exaggerates anxiety. When kids constantly think the worst case scenario, challenge their views. “Yes, you could end up not knowing anyone at camp but you won’t be the only one. Besides you’ll probably end up making new friends like you generally do.”

9. “You could be right. But have you thought about…” Strategy: flexible thinking Good for: kids who catastrophise; experience extreme feelings; who exaggerate.

Many children and young people talk in extremes – ‘awesome’, ‘the best’, ‘the worst’ and ‘gross’ roll off their tongues easily these days. Unfortunately, their extreme language leads to extreme emotional responses. Develop the habit of winding back their language by introducing shades of grey, rather than black and white. Replace “I’m furious” with “I’m annoyed”. “It’s an absolute disaster” with “It’s a pain”.

“I can’t stand it” with “I don’t like it”. Realistic language leads to realistic thinking, which helps kids handle many ordinary situations that they have blown out of proportion.

10. “What can we do about this?” Strategy: taking action Good for: kids who mope; who experience disappointment; who feel inadequate.

Kids can sometimes feel overwhelmed by events such as constant failure, constant rejection or always narrowly missing being picked for a team. They can be overwhelmed by feelings of inadequacy and helplessness. Action is often the best remedy. Help them take the first step forward. Set some goals. Make some plans. Identify the first step and hold their hand while they take it. Taking action is a quality shared by resilient communities, organisations and individuals.

**Bring resilience into your everyday language**

Resilient parents focus on building children’s and young people’s strengths for the future, while helping them cope with the present difficulties and challenges they experience.

The key to promoting resilience lies in the language that parents use. My challenge for parents is to make resilience an integral part of your family’s proprietary language. You’ll know you have succeeded if your children as adults remind you, when they hear any complaints or whinges from you in your dotage, to ‘hang in there’, ‘this too will pass’ and ‘find the funny side’. Granted they may be phrases you don’t want to hear, but at least you know that you’ve drummed into your kids some important core messages that have stayed for life.

Michael will talk more about Resilience and other vital parenting matters in the **Very Important Parenting Saturday seminars conducted in 5 Australian capital cities in term 3 this year. Find out more about what’s been called the Parenting Event of the year at parentingideas.com.au**