

WENTWORTHVILLE PUBLIC SCHOOL Term 4 Week 10 Newsletter 2023

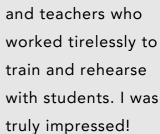
From the Relieving Principal - Tania Di Chio







Last week I had the pleasure to attend the CAPA showcase and WOW what talent we Wentworthville Public School, Well done to









Last week we also held our annual Thank you Morning Tea for many of our parent and community volunteers. They play a pivotal role at our school to service and support our students and families through scripture, book covering, uniform shop, canteen, P&C and many more. Our school is such a better place with these wonderful volunteers supporting our school. Thank you so much for everything in 2023.





Last week we also had our Year 6 Farewell. Thankyou to the Stage 3 teachers and Mrs Sanchez for all your hard work in organising this event. I'm sure our Year 6 students will cherish these memories. The Year 6 students looked so grown up and certainly had a great time. It was lovely to see them dancing the night away.

I wish all the Year 6 students all the best as they transition into high school. As I said to them in my speech

BE BOLD, BE COURAGEOUS, BE YOUR BEST!

On Friday we will watch them as they say goodbye to Wentworthville PS as they go through the traditional Year 6 clap out ceremony.





This week I attended four Presentation Day ceremonies at our school. It was amazing to see so many students recognised for their achievements. Congratulations to those students. Once again it was the wonderful effort of staff who worked tirelessly for weeks to ensure these Presentation Day assemblies were a success. It was great to see so many parents attending these Presentation Day ceremonies. Thanks so much for attending and supporting your children.

As a final note this will be my last week as Relieving Principal and we look forward to seeing Mrs Lockrey again in 2024. Thanks to all the staff, students, and families for your support this term.



I wish all the students and families a happy and safe holiday and I look forward to partnering with you again in 2024.

Ms Tania Di Chio – Relieving Principal



well PRINCIPAL AWARDS

First Name	Roll Class	First Name	Roll Class	First Name	Roll Class
Arya	2K	Aarav	3K	Kiaan	25
Jazlyn Kaur	2G	Veekshitha	3L	Kirat	2M
Krisab	2G	Devesh Nath	3M	Sidhak Singh	2Z
Biyanka	1W	Om	3M	Ahaan	25
Dhanika	5/6L	Ethan	4M	Nimeesha	2G
Jeevikaa Sree	5/6L	Mia	3L	Motti	2M
Abhyas	5/6J	Joban	3L	Joy	2G
Japleen	5/6D	Ania	3M	Herish	2L
Varshitha	5/6M	James	3M	Aqueel	1L
Tegampreet Kaur	5/6J	Sahas	3M	Sharifa	1L
Tegampreet Kaur	5/6J	Joshna	4A	Srikruthi	1L
SWAANSH	5/6M	Sricharan Reddy	4/5H	Dhakshan	1L
Shuban	5/6D	Suhaan	3M	Ishmanvir Singh	1R
Shuban	5/6D	Menaal	4M	Vihaan	1P
Sanket	5/6B	Aarushi	3L	Izayah	1R
Samyukthaa	KG	David	4R	Nairiti	1W
Aarzavi	KN	Affan	3W	Diyan	1W
Hunter	KM	Srikar	3M	Joanne	1N
Pratham	KM	Aman	3K	Tahmin	1W
Eden Jeremy	KM	Pearl	3L	Deesha	1W
Bidesha	3M	Bhanu	25	Srivas	1N
Sathvik Reddy	4C	Aarnav	2Z	Ram Adhrit	3M
Aaradhya	4A	Aadya	2G	Trisha	2Z









Name	Class		
Shuban	5/6 D		
Shuban	5/6 D		
Diya	3L		
Ashvath	4A		

CONGRATULATIONS TO SHUBAN FROM 5/6D!



Congratulations to **Shuban** from 5/6D who has been awarded a Bronze Award for receiving two Book Awards (10 Principal Awards). What an amazing achievement!

Remember to keep your awards and trade them in next year.

Stage 2 Interest Group Showcase

On Monday, students in Stage 2 invited family into the school to view work that students had completed during Interest Groups over Term 4. Families were able to view a variety of art, science and sport.





WHAT ARE INTEREST GROUPS?

Interest groups are activities that teachers in Stage 2 had a special talent in. Students in Stage 2 were allowed to choose one activity led by Stage 2 teachers and learn key skills in that unique activity.



What were the groups?

Year 4 groups

- * Zumba
- ★ Canvas Art
- ★ Mosaics Art
- ★ LEGO robotics

Year 3 groups

- ★ Newcombe Ball
- ★ Lego robots
- ★ Oil pastel art
- ★ Pottery

Thank you to all the parents and family members who attended the Stage 2 Interest Groups Showcase. To further improve the experience for students and the community, can you please complete a short survey. This will be used to improve Interest Groups in 2024.

https://forms.office.com/r/zxpr7unQgg













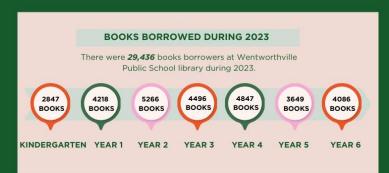


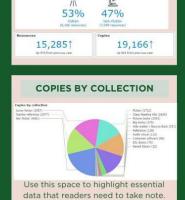


Library News

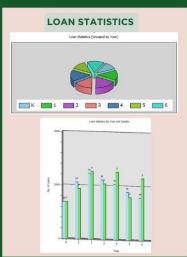
IT'S ALL ABOUT THE

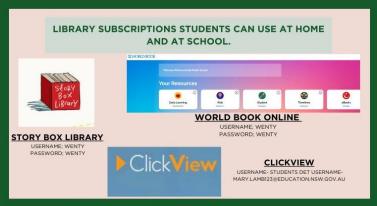
2023 LIBRARY DATA





FICTION VS NON-FICTION









Thank you to our wonderful parent volunteers who have covered hundreds of books for the library.

Their help is invaluable and ensures that all children have books in hands.





Attendance

Regular attendance at school is a vital factor in your child's education. When your child attends school they have the opportunity to learn, make friends and build new skills. 95% or higher is the minimum attendance rate we aim for.

Below is the attendance data (including whole and partial day absences) for each class for Weeks Six - Ten, Term Four. Well done to 1W for their 95.2% attendance rate.

Class	Attendance	Class	Attendance	Class	Attendance
	Rate		Rate		Rate
KM	87.4%	2G	92.1%	4/5H	92.9%
KS	92%	2M	93.4%	5/6W	87.1%
KA	94.7%	2Z	86.1%	5/6M	89.1%
KAG	88.5%	2S	90.9%	5/6D	90.8%
KN	91.5%	2L	88.2%	5/6J	85.8%
KG	93.7%	2K	91.3%	5/6L	91.6%
KP	84%	3W	86.1%	5/6B	86.4%
KH	88.5%	3K	91.8%	K-6CB	94.6%
1R	88.1%	3L	90.1%	K-6WS	88.7%
1L	91.8%	3M	91%	K-6NH	76.9%
10	93.8%	4A	93.9%		
1N	91.2%	4R	89.7%		
1P	92.1%	4M	85.2%		
1W	95.2%	4C	86.9%		

NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun





education.nsw.gov.au

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Education

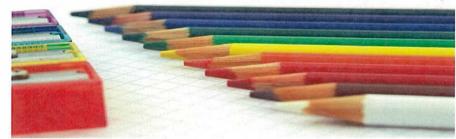
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2024 Stationery 'Requirements

Kindergarten

Please label everything with your child's name

Library Bag (you can use canvas bag provided at orientation if you like) 2 large packets of baby wipes 2 large boxes of tissues 8 x 35g Bostik Glue Sticks 4 x Staedtler black whiteboard markers Not Aldi of Kmart glue as they do not stick 1 x Clipboard 1 x 12 pack of Crayola Twistable crayons Faber Castell Connector Pens (optional) Hand sanitiser





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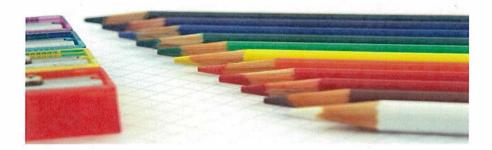
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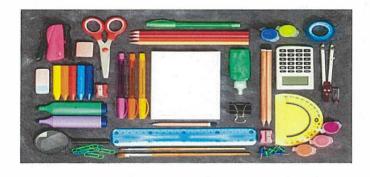




2024 Stationery 'Requirements

Year 1

- 2023 Year 1 Stationery Requirements
- A4 96-page lined book for homework (No spirals, no holes)
- Retractable/Twist up crayons or Coloured pencils
- Pencil grip (optional)
- 4 x lead pencils (per term)
- 1 x eraser (per term)
- 1 pair safety scissors
- 1 plastic 30cm ruler
- 1 barrel pencil sharpener (to capture shavings)
- 1 medium pencil case (to fit all equipment)
- 1 x glues stick (per term)
- 2 x whiteboard markers (per term)
- 2 x boxes of tissues
- 1 x Baby wipes (unscented)
- Wired headphones (optional)
- Library bag





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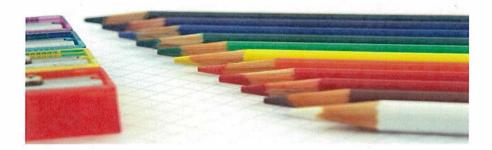
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2024 Stationery 'Requirements

Year 2

- 1 x A4 96-page lined book (homework book)
- 1 x library bag
- 2 x box of tissues
- 1 x pack of baby wipes (unscented)
- 1 x pencil case
- 1 x pack-coloured pencils/ twist-up crayons
- 1 x pack texters
- 10 x HB lead pencils (2-3 in pencil case throughout the year)
- 2 x erasers
- 1 x ruler (wooden or plastic not metal; cm gradings)
- 1 x sharpener
- 2 x Bostik glue sticks
- 4 x whiteboard markers (2 in pencil case throughout the year)
- 1 x pair of scissors



Quality teaching to maximise student learning



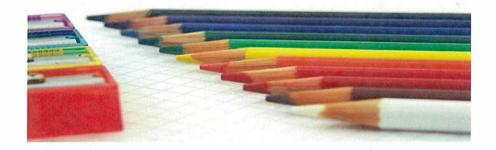
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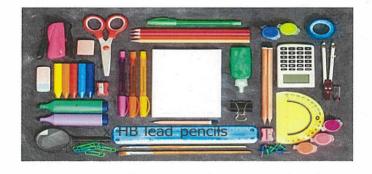
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2024 Stationery 'Requirements

Stage 2 (Years 3 and 4)

- 1 x Medium sized pencil case (labelled)
- 12 x HB lead pencils
- 1 x pencil eraser
- 1 x red ball point pen (not felt tipped)
- 1 x blue or black ball point pen (not felt tipped)
- 1 x small set of coloured pencils or crayons
- 2 x glue stick (large)
- 1 x pack of highlighters
- 1 x 30cm ruler with cm and mm marked (not metal or liquid filled)
- 1 x barrel pencil sharpener
- 1 x pair of scissors
- 1 x box of tissues
- 1 x library bag
- 4pk whiteboard markers
- Hand Sanitiser
- Baby wipes



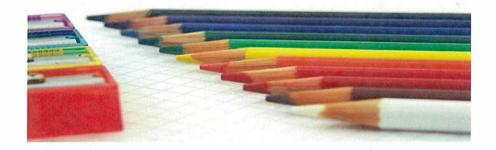


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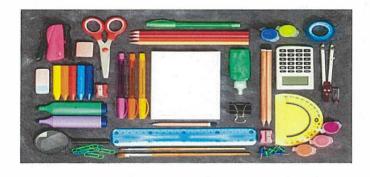
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2024 Stationery 'Requirements

Stage 3 (Years 5 and 6)

- 1 x Medium sized pencil case (labelled)
- 3 x HB lead pencils
- 1 x pencil eraser
- 2 x red ball point pens (not felt tipped)
- 2 x black or blue ball point pens (not felt tipped)
- 1 x small set of coloured pencils or crayons
- 2 x glue sticks (large)
- 1 x pack highlighters
- 1 x barrel pencil sharpener
- 1 x pair of scissors
- 1 x box of tissues per term
- 1 x pack baby wipes
- 1 x library bag
- 4pk whiteboard markers
- 1 x protractor
- 1 x 30cm wooden or plastic ruler (with cm and mm markings)
- 1 x pair of headphones



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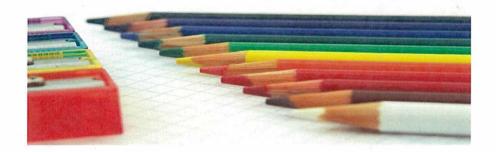


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2024 Stationery 'Requirements

Support Unit

All Students

- 4 x boxes of tissues
- 4 x baby wipes packets
- 4 x glue sticks
- 2 x hand sanitizer (spray if possible)
- 8 x whiteboard markers black
- 2 x rolls of paper towel
- Library bag
- Paint shirt

Years 3-6 Only

- Pencil case
- 2 x eraser
- Colour pencils or twistable crayons
- 4 x lead pencils
- 4 x black pens (if your child has a pen licence)
- 1 x sharpener
- 1 x child safe scissors
- 1 x 30m ruler





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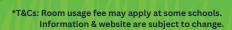
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Certificate of Participation Awards.

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Weekly homework charts

Semester Reports





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HALTS

It doesn't matter if you have just one child or six, there is one thing that you're guaranteed to have to handle: big emotions in your child.

It doesn't matter how good of a parent you are, you can even be a parenting expert, and your children will STILL have big emotions. It's just a fact of life when you're parenting a 1-year-old or a 12 year old. Teens have their big emotions, and if we're honest, so do parents! Everyone feels sad, cranky, scared, or stressed from time to time.

Big emotions are simply unavoidable in family life. And so we all need effective strategies for dealing with them.

First, however, we need to know what triggers them. If we can focus on prevention, we can spend less time on the cure.

Where do big emotions come from?

Big emotions arise for many reasons. I like the acronym HALTS to help me consider why my child might be emotionally triggered:

H is for Hungry. **A** is for Angry. **L** is for Lonely. **T** is for Tired. And **S** is for Stressed.

Sometimes our child is one of these. Sometimes our child is all of them. Perhaps they've eaten, but their meal was lacking in nutritional value. Maybe they're angry about something that we think is silly but it matters to them. Perhaps they're in a room full of people but they feel disconnected and lonely. It could be that last night's TV show went late, their mind was buzzing, and they haven't slept. Or maybe school, family life, our explosive moods, or a friendship drama is creating stress in their life.

Spending time reducing the likelihood of these triggers means we experience fewer big emotions at home. But try as you might, you can't (and shouldn't) eliminate all stress for your kids. After all, stress creates opportunities for growth.

Regulating big emotions

When those big emotions strike, we must remember that high emotions = low intelligence. Our kids act a bit crazy when emotions are high. And because emotions are contagious, we often catch our children's crazy, cranky, and chaos and become less intelligent as well. Two or three emotional and unintelligent people in a power struggle never works out well.

Since big emotions happen, here are some simple ways that we can respond to our children when they're feeling sad, cranky, scared, or stressed.

1. Be Intentional

If you think back to the HALTS acronym, there are a handful of simple and intentional things we can do to reduce the likelihood of emotional blow-ups. For example, you could:

- Bring a snack for your child to eat while you do the shopping
- Don't demand that chores be done alone, or right before bed
- ► Take five minutes for cuddles and connection before moving into the bedtime routine or once they're in bed
- Consider your timing when you make simple requests of them.

2. Remember that emotions are contagious

When our children are feeling chaotic, there's two ways we can go. We can catch their cranky and join them in an escalating cycle of chaos. Or we can stay calm. Easier said than done, but realistically we can't parent anybody if we can't parent ourselves first. Do your best to hold it together.

3. Don't try to fix things in the moment

Have you ever been angry, had someone say, "Just calm down!", and responded "Good point, I needed that logic, I will just calm down."? Of course not! When emotions are big, don't try to fix things. Instead...

4. Focus on connection or space

Some kids want a hug when they're feeling mad. Other kids want space. Most of the time, they want space first, then connection. If it's possible, move your child to a private area. Say to them, "I can see you're having a tough time. Do you want a hug or do you want me to give you some space?" They'll probably tell you to go away. Give them some space, but let them know that you'll be just around the corner ready to give them a hug when they're ready. Then once they're regulated again you can move onto problem solving.

5. Problem solve collaboratively

When things are calm – whether it takes ten minutes or ten hours – sit with your child and ask if you can discuss what happened, and problem-solve so that things go better next time. Then listen. Remember, too, that sometimes these conversations work best when your child is drinking a milkshake or enjoying another treat you picked up for them.

Big emotions in our children aren't an indication that we're lousy parents. Every single child and teen on the planet cries, stomps their feet, and pushes their parents away. We need to normalise this as part of being human!

Fortunately for us, our children also have the best laughs, give the biggest snuggles, and say the funniest things. So next time you're in the midst of a child's emotional meltdown, take a big breath and remind yourself that on the other side of this big moment is the sweetest thing you can experience with your child – the opportunity for growth.



AUTHOR

Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 9 books about families and parenting. For further details visit happyfamilies.com.au.