

Winmalee Whispers



Winmalee Public School

Safe
Respectful
Learners



Find us at: Leslie St Winmalee 2777 Tel 02 47541574
Website: www.winmalee-p.schools.nsw.edu.au
Email: winmalee-p.school@det.nsw.edu.au

Term 1 Week 9

Friday, 26th March 2021

Principal's Message

Dear Parents and Carers,

Welcome to the final newsletter for Term 1!

Principal: Kate Ford
Assistant Principal K-2: Kim Curran
Assistant Principal Stage 2: Jenine Smith
Assistant Principal Stage 3: Christopher Pyne
School Administrative Manager: Kim Berry

It is hard to believe that we are near the end of Term 1. It has been fantastic to welcome parents and visitors back onsite and get back to some sort of normal. Please remember to check in at the main entrance when you are entering the school. If you are volunteering in a classroom you will also need to complete the COVID sign on sheet in the classroom you are working in. Any other visitors will need to complete the COVID sign on sheet in the front office.

I have some sad news to share with our school community. John Hoare, who taught scripture at our school sadly passed away on Tuesday. I know he will be greatly missed by our students. If your child becomes upset by this news please contact the school and arrangements can be made for them to speak to the school counsellor.

At Winmalee Public School we are all safe, respectful learners and this is embedded in all that we do. Each fortnight we have whole school expectations that are explicitly addressed in the classroom and awards are handed out by teachers, as well as peer nominated postcards. The expectations will also be included in the newsletters from next term so that parents can also sit down and discuss these with their children.

2 weeks ago we had a practice lockdown drill. All the students did an amazing job of following the expectations and procedures that the school has for this type of situation. As a result from the practice the school has decided to lock the top 2 gates on Whitecross Road during 9.15am and 2.20pm. This will allow the school to have greater control over where people are entering the school and easily direct visitors to the front office.

There is a lot of congestion in the afternoons on Leslie Street. When parking your car please remember that the school buses have to have enough room to safely pull into the bus bay and that cars need enough space to safely pull into driveways. There is lots of parking across the road at the shopping centre that can be used in the morning and afternoons.

Just a reminder that if you haven't activated your Parent Portal account, joined your child's class dojo account or liked the school Facebook then please do so. These are the ways that the school communicates and shares information with the community. School notes and reminders are sent out through the Parental Portal app and this is the place to inform the school of any student absences. Class



Dojo is used to share information that directly relates to your child's class. By engaging in these communication platforms you will be sure to be kept informed of what is happening at the school.

Due to COVID restrictions in place there will be no ANZAC day march this year. Springwood RSL have asked that everyone stands on their driveway at dawn on ANZAC day to commemorate and pay our respects to all the military men and women past and present who have served our country. K-2 students will conduct the Peace Ceremony on Monday afternoon and 3-6 students will hold the ANZAC Day ceremony on Thursday afternoon. Parents are welcome to come along to these ceremonies.

Have a restful and safe holiday break! We will see everyone back at school on Tuesday 20th April.

Thank you
Kate Ford

Live Life Well @ School

Breakfast provides brain food

Eating breakfast each morning improves children's learning, concentration, behaviour, overall nutrient intake, and establishes healthy eating patterns for life. Some quick breakfast options include:

- ✓ wholegrain cereals and reduced-fat milk
- ✓ baked beans on wholegrain toast and a glass of reduced-fat milk
- ✓ fruit smoothie and toast
- ✓ toast topped with cheese and sliced tomatoes
- ✓ egg on toast with a glass of reduced-fat milk
- ✓ wholemeal or wholegrain toast or french bread, with margarine spread plus a topping, such as tomato, reduced-fat cheese or baked beans
- ✓ reduced-fat yoghurt, fruit and raisin bread
- ✓ fruit salad and yoghurt

Serve breakfast with a glass of water or milk to get children hydrated.



Fruit Salad... Yummy Yummy!

Fruit salad is a great idea for Lunchbox! Full of colour, flavour and nutrients.

Why not chop up your child's favourite fruit and pop it into a reusable container? Don't forget a fork!




Keep food cool

Sandwiches can be frozen for up to a week and, if removed from the freezer in the morning, will thaw by lunchtime. Some unfreezable sandwiches to freeze include those with fillings of cooked meats, baked beans, eggs, fish and cheese. Most fresh vegetables do not freeze well so put them on the sandwich when it's packed in the lunch box.

Nutrition Snippet


Pack a food safe lunch box



Check out our [blog](#) for all you need know.

TIP: Freeze a bottle of water overnight, add to the lunch box in the morning to keep food cold.

For other tips and more visit:
healthy-lunchbox.com.au





What is **Book Club** ?



Ordering books through Book Club is the easiest and most affordable way to offer students the best in children's books for the home and to encourage independent reading for fun.

Book Club offers students a wide range of titles in each issue, from popular and award-winning fiction series and charming new picture books, to fascinating nonfiction titles and hands-on activities that stimulate creativity and encourage problem-solving.

Plus every order you place earns the school **FREE** books and learning resources. Book Club catalogues arrive to school up to twice a term, so make sure you keep an eye out for when it arrives home in your child's school bag!

HOW TO ORDER ON **Book Club**



1. Your child will bring home a Book Club catalogue from school

2. Discuss with, and help your child pick the books they would like to read

3. Order online via the Scholastic Australia **LOOP** website or app and the school will take care of the rest! (**LOOP** orders are electronically linked to your school in an easy, secure online process)

4. The books are delivered to your child's classroom.



LOOP is the easy way for families to order and pay for Book Club.

Log in, or create a new account at [scholastic.com.au/loop](https://www.scholastic.com.au/loop)

- 1.** If you are new to Book Club, follow the Wizard to set up your profile
- 2.** Click the **ORDER** tab, and select your school and child's class
- 3.** Add your child's first name and last initial (so the school knows who the book is for)
- 4.** Enter the product item number shown on the Book Club catalogue
- 5.** Make payment via credit card.

 **SCHOLASTIC**



You can now order your favourite Healthy Harold products **online**



When you buy a Life Education product, you give Aussie kids a bright and healthy future.

100% of proceeds from sales go toward providing Australian children with Life Education's vital health and safety programs.

Give the gift of Life Education



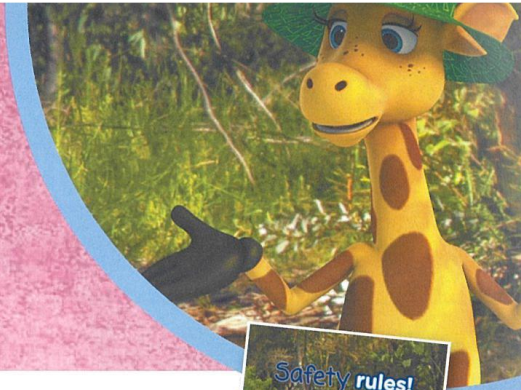
Go to
www.lifeeducation.org.au/shop
to check out our new product range





Safety rules!

Today your child took part in Life Education's 'Safety Rules' module.



What is it about?

'Safety Rules' is a fun interactive learning experience that aims to empower children to make safer and healthier choices.

Working with one of our highly experienced educators, and our loveable mascot, Healthy Harold, they have enjoyed animated stories, engaged in hands-on activities, sung songs, and taken part in discussion and problem solving with their peers. 'Safety Rules' focuses on:



Safe & Unsafe Situations



How to Care For Others



Behaviours That Maintain Friendships



Where to get help



Why is this module so important?

Educating our children early about the importance of a healthy lifestyle is an important step to equipping them with the tools to help them make positive health choices.

'Safety Rules' focuses on recognising safe and unsafe environments, how to care for others, behaviours that maintain friendships, and places and people who we can go to help for.

So what's next?

Your child's teacher has 'Safety Rules' resources to use in the classroom. You can also continue the learning at home with our parent resources.

Continue your child's learning at home.

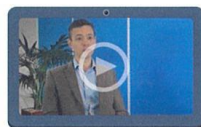
Access your parent resources online at www.lifeeducation.org.au/parents

GET ONLINE NOW!

Download our resources



Watch our health expert videos



Read articles, find new info and discover our other modules



life
EDUCATION



NSW Department of Education

Why attendance matters



When your child misses school they miss important opportunities to:

- Learn
- Make friends
- Build skills through fun

Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...	they miss weeks per year	and years over their school life
1 day per fortnight M X W T F M T W T F	= 4 weeks	= Over 1 year missed
1 day per week M X W T F M T W X F	= 8 weeks	= Over 2.5 years missed

education.nsw.gov.au





parenting * ideas

insights



Exposing kids to challenges helps prevent anxiety in later life

by Michael Grose

Two important Australian studies released recently support what teachers and mental health experts have been saying for some time: that exposing kids to safe challenges in childhood promotes resilience and better mental health in later life.

The results of a study into children's wellbeing by mental health organisation beyondblue found young people who were able to talk about their emotions and who were exposed to failure and loss at a young age are better equipped to deal with a variety of challenges as they grow. Similarly, findings of a Macquarie University long-term study into children's mental health found that children who were exposed to safe risks were happier, less anxious and more able to handle every day problems such as rejection, teasing and failure.



Both studies point to the need for children to experience failure, to be involved in play with peers and to be encouraged to face their fears rather than avoid them. With one in six Australian children and teenagers experiencing anxiety on a regular basis it's essential that kids of all ages are provided with the skills and experiences they need to develop mental resilience. Let's kick off this process with the following five strategies:

1. Encourage kids to spend more time with other children

When children spend more time among themselves they rely less on adults to solve problems for them. In fact, when kids play among themselves they take on the authority of adults in their absence. They negotiate about what and how to play. They will often make up the rules of their games, modifying them as they go along and challenging other children's interpretations. "You're not playing by the rules" is a common childhood retort, but the important thing to remember is that, left to their own devices, kids will generally resolve such conflict situations more creatively and with more finality than if adults become involved.

2. Help children be good losers and gracious winners

In recent years there's been an aversion to exposing kids to losing, particularly when it comes to the sporting field. Some codes, in an effort to improve the participatory experience for kids, don't keep scores and give prizes for participation rather than achievement. However, these practices prevent kids from experiencing both the resilience-building disappointment that comes with a loss and the confidence-building satisfaction that comes

We're a Parenting Ideas school

parentingideas.com.au/schools



parenting*ideas

from winning. More significantly, they prevent kids from refining the art of being good losers and gracious winners, both important skills to learn for future development.

3. Encourage kids to talk about emotions and feelings

It's important that children become comfortable with unpleasant feelings such as disappointment, fear and nervousness rather than be debilitated by them. We need to allow children to experience events that lead to unpleasant emotions. We also need to feel comfortable ourselves with our children's unpleasant feelings. Enabling children to verbalise their unpleasant feelings helps them process and make sense of their emotions. Healthy families and safe classrooms work on the principal that there's nothing so bad that we can't talk about it in the right way, but that there are behaviours we won't tolerate.

4. Model calm and rational thinking

High emotions are very contagious. When a child is angry, fearful or upset we can easily feel the same way. It's vital that we manage the ways that we react to our child's emotions so that we can provide an effective, empathetic response. The best way to manage our own reactivity when kids are upset is through breathing. Taking a breath gives us a moment to regain control and remain calm. We can then ask questions and logically think our way through the situation rather than catastrophising and letting our thoughts run amok. Adults who model calm, thoughtful behaviours in the face of stress show children and teenagers how to respond in safe, effective ways to stressful situations rather than reacting at an emotional level.

5. Encourage children to become independent problem solvers

When adults solve problems for children and young people, we not only increase their dependency on us but we teach them to be afraid of making mistakes and to blame themselves for not being good enough. That's fertile ground for anxiety and depressive illness. When your child brings a routine problem to you and expects you to solve it (such as leaving lunch at home or sorting out a friendship dispute), step back and invite them to resolve the problem for themselves instead. We don't want to deter kids from coming to us for advice when they have a difficulty, but we do want to encourage them and teach them to work through their concerns themselves.

Stepping back and allowing children and teenagers to experience many of life's challenges, whether social, academic or physical, can be a difficult thing to do for well-meaning adults. However, part of growing up means that children and young people need to develop the skills and aptitude they will need to manage a range of challenging situations well after they have left the safe confines of school and family. As the research is telling us, the best way for them to do this is to allow our kids to navigate their challenges by themselves, surrounded by supportive, rather than over-protective, adults.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.

We're a Parenting Ideas school

parentingideas.com.au/schools



Festival of Democracy at the Parliament of NSW these April school holidays

Friday 16 April

9 am - 10.20 am
 10.30 am - 11.50 am
 12 pm - 1.20 pm
 1.30 pm - 3 pm
(book for an 80 minute session)

Celebrate democracy in Australia's oldest Parliament with free, fun activities for children and their families from 4 to 12 years.

- Vote in an election
- Make a speech in the historic Parliamentary chamber
- Play democracy hopscotch
- Listen to storytellers
- Make craft animals and objects
- Enter the mystery object competition
- Visit the historic rooms
- Chat with Henry Parkes

This is a COVID-safe event.



FREE ENTRY (limited)
 Activities 9 am to 3 pm

LOCATION
 Parliament of New South Wales,
 6 Macquarie Street
 Opposite Martin Place

The public café will be open.

BOOKINGS ESSENTIAL



9230 2047 or
 E: communityengagement@parliament.nsw.gov.au





Easter's coming soon and so are some exciting AFL Holiday Camps across Greater Sydney.



If your child is looking for a great way to spend a day outside playing games, kicking goals and having lots of fun.

Please register your interest at <https://aflnswact.com.au/holidaycamps/>, as we have limited spots.



Best suited for kids aged 5 – 8 and the best part is they are ABSOLUTELY FREE. Get in Fast!!





INFORMATION AND KIDS FUN DAY

Thursday 8th April
1pm-4pm

Thrive Services, 2 station St Katoomba

- Come and check out the services we offer, SHS, Intake, Crisis Support and Family Support
- We'll be running fun kids activities - decorating jars and making playdough
- We'll also be making free pancakes for people to enjoy!





Food & drink supplied

Winmalee KID'S HOLIDAY PROGRAM

Winmalee Public School Hall WINMALEE (next to Pinnaroo Vacation Care)

April 2021

Hours 9am – 3 pm

Bookings Essential

Concessions available

WEDNESDAY 7th April		<p>Supporters: Winmalee Public School Winmalee Neighbourhood Centre Pinnaroo OOSH. Lions Club. Thrive Family Support Services Winmalee Hub</p> <p>Local services and businesses and many others who are not listed.</p> <p style="font-size: 1.2em; color: blue;">Thank you.</p> <p>For information and booking regarding this Program please contact: Springwood Uniting Church Office -Ph. 0247513951 Program Coordinator: Mary-Ellen Jamieson on Mob. 0415533491</p> <div style="background-color: yellow; padding: 5px; text-align: center; font-weight: bold;"> <p style="font-size: 1.2em; color: blue;">Cost \$10</p> <p>Per child</p> <p>INFANTS AND PRIMARY</p> </div>
<p>All Day Quiet Space <small>Books to read, cards, games, cushions and toys</small></p> <p>Fun Craft Activities</p>	<p>Please have your child bring a Bag and a Water Bottle.</p>	
<p>AROUND the WORLD</p> <div style="display: flex; align-items: center;"> <div style="border: 1px solid green; padding: 5px; text-align: center; font-weight: bold; color: green;"> <p style="font-size: 0.8em;">In 80 Minutes</p> </div> <div style="margin-left: 10px;"> <p>Africa, Asia, Europe, Oceania...</p> <p>Where shall we travel? Come and join the fun.</p> </div> </div>		
<p>Science fun</p>	<p>Cloud Dough Make a compass</p> <p>Liquid or solid? Broom Balancing</p>	
<p>Due to COVID restrictions we will have a max number of 30 children for this program. Please if your child or family are unwell keep them home.</p>		

This is an activity run & coordinated by Springwood Uniting Church with the generous support of Winmalee Neighbourhood Centre





Gateway Family Services

Term 2, 2021

Parenting Programs Summary



Program	Date & Time	Location	Registration
<p>No Scaredy Cats</p> <p><i>Strategies to help your child reduce anxiety & build resilience. This group will assist you to understand how anxiety develops & how to offset its progress whilst providing some strategies for its management.</i></p>	<p>Every Monday 17th May - 31st May 9:30am - 11:30am</p> <p>* Childcare available</p>	<p>WinCAMP 56 Whitecross Road, WINMALEE</p>	<p>Gateway— 1300 316 746 (free call)</p>
<p>Tuning In To Kids</p> <p><i>Emotionally Intelligent Parenting Learning to better talk & understand your child to help manage your child's emotions & behaviour.</i></p>	<p>Every Monday 3rd May - 31st May 9:30am - 11:30am</p> <p>* Childcare available</p>	<p>Katoomba Public School Merrinwa Street, KATOOMBA</p>	<p>Gateway— 1300 316 746 (free call)</p>
<p>1-2-3 Magic & Emotion Coaching</p> <p><i>Learn how to understand & manage your child's difficult behaviour. Suitable for parents with 2-12 year olds.</i></p>	<p>Every Thursday 6th May - 20th May 10:00am - 12noon</p> <p>* NO Childcare available</p>	<p>Gateway Family Services (Penrith premises) Cnr Henry & Station Street, PENRITH</p>	<p>Gateway— 1300 316 746 (free call)</p>
<p>Circle of Security</p> <p><i>Learn how to be a strong, wiser & kinder parent with your kids. Suitable for parents of 0-12 year old.</i></p>	<p>Every Wednesday 5th May - 23rd June 7:30pm - 9:00pm</p> <p>* NO Childcare available</p>	<p>ONLINE via ZOOM</p>	<p>Gateway— 1300 316 746 (free call)</p>

For more information and Individual Flyers go to:

www.gatewayfamilyservices.org.au or www.facebook.com/GatewayFS

Gateway Family Services parenting programs are funded by DSS and DCJ.

Gateway works collaboratively with community partners to bring parent groups to communities from St Marys to Blackheath.

Thanks to MWM for providing childcare for the Daytime groups.

Gateway encourages, supports & respects diversity in families & communities. Our Groups are open to everyone.





WINMALEE PUBLIC SCHOOL

P & C Uniform Shop 2021 Order Form

Item	Sizes Available	Price	Size	Qty	Cost	Total
Boys Grey Cargo Shorts	4-16	\$ 17.00				
Boys Grey Cargo Pants	4-16	\$ 25.00				
Girls Summer Dress	4-10	\$ 40.00				
Girls Summer Dress	12-16	\$ 41.00				
Girls Summer Blue Shorts*	4-16	\$ 22.00				
Girls Tartan Tunic (K - Yr2)	4-8	\$ 48.00				
Girls Tartan Tunic (K - Yr2)	10-16	\$ 49.00				
Girls Tartan Skirt (yrs3-6)	4-16	\$ 35.00				
Girls Winter Pants*	4-22	\$ 40.00				
Unisex Short Sleeve Polo	4-16	\$ 20.00				
Unisex Sports Polo	4-16	\$ 30.00				
Unisex Blue Micro Mesh Shorts	4-16	\$ 15.00				
Unisex Blue Dbl Knee Track Pants	4-16	\$ 25.00				
Unisex Fleece Jacket	4-16	\$ 35.00				
Caps	one size	\$ 10.00				
Bucket Hats	S/S, S/M, L/XL	\$ 10.00				
Hair Scrunchies	summer, winter	\$ 5.00				
Hair Bows made to order	assorted from	\$8-10				
Head Band	summer, winter	\$ 5.00				
Alice Band - Reversible		\$ 5.00				
School Bags Ergo Tuff pack (soft)		\$ 57.00				
					Total	

* Sizes for Girls Summer shorts and Winter pants come in 4,5,6,7,8,10,12,14,16

HOW TO ORDER

1. Please fill in the form and return to the office or email to winmaleeps.uniform@gmail.com
2. Payment can be made with cash or cheque Winmalee Public School P&C Clothing Pool
Please DO NOT MAKE PAYMENTS VIA THE SCHOOL SITE
3. Orders will be sent home with your child once they have been processed

Child's Name: _____

Child's Class: _____

Parent Name & Contact Details: _____



Term One 2021

Excursions Meetings School Event Leave Newsletter Sport

WK	Monday	Tuesday	Wednesday	Thursday	Friday
1	25 Jan	26	27 Staff Development Day	28 Staff Development Day	29 Students Year 1-6 return
2	1 Feb	2	3	4	5 Swimming Carnival
3	8	9	10	11	12 Newsletter
4	15 Year 5 Structured Play Leaders	16 Year 6 Peer Leader Training	17 Year 6 Peer Leader Training	18 Badge Assembly	19 Zone Swimming Carnival
5	22	23 P&C Meeting	24	25	26
6	1 Mar	2 Year 6 Expo Day Winmalee HS	3 Scripture Starts	4	5 Newsletter
7	8	9 Meet the Teacher	10 Life Education	11	12
8	15 Life Education	16 Life Education	17 Life Education	18 Peer Groups – Harmony Day	19
9	22 Life Education	23 School Photos P&C Meeting	24	25 Young Leaders Day	26 Newsletter K-2 Fun Day
10	29 K-2 Peace Service	30	31 SRC Hair/Sock Day	1 Apr Last Day of Term ANZAC Service	2 Apr GOOD FRIDAY





Term Two 2021
Excursions Meetings School Event Leave Newsletter Sport

WK	Monday	Tuesday	Wednesday	Thursday	Friday
1	19 April Staff Development Day	20 Students return	21 International Space Station Link Up	22 International Space Station Link Up	23 Sport in Schools
2	26	27 P&C Meeting	28	29	30 Sport in Schools
3	3 May	4	5	6	7 Newsletter Sport in Schools
4	10	11 NAPLAN	12 NAPLAN	13 NAPLAN	14 Sport in Schools
5	17	18 Infants Cricket Clinic	19 Primary Cricket Clinic	20	21 Sport in Schools
6	24	25 P&C Meeting	26	27	28 Newsletter Sport in Schools
7	31	1 June	2	3	4 Sport in Schools
8	7	8	9	10	11 Sport in Schools
9	14 PUBLIC HOLIDAY	15	16	17	18 Newsletter Sport in Schools WINMALEE CUP
10	21	22 Stage 2 Excursion – THE ROCKS P&C Meeting	23	24	25 Last Day of Term