



Wentworth Falls Public School Newsletter

Wentworth Falls Public School

25 August 2016

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IMPORTANT DATES

TERM 3 , 2016

August

- 25 Story, Soup and Slipper Night
- 30 PROMS Cluster rehearsal

September

- 1 Father's Day Stall
- 2 Zone Athletics Carnival
- 12 P&C Meeting at 7.30pm
- 13 UBMMF Rehearsal
- 15 Warragamba Dam for year1
- 16 Warragamba Dam for year2
- PROMS Sydney Town Hall
- 23 Last day of Term

TERM 4, 2016

October

- 10 First day of Term 4 for Students and Staff

November

- 11 Artfest
- 12 Artfest
- 13 Artfest

From the Principal..

The 2016 NAPLAN results have arrived. Staff will be working through the results over the next few weeks. These results will help set target areas for our school as well as help identify children who are in need of further individualised support. Parents should have received the individual student results, if you haven't, please contact the school office and we will make sure those results get to you. If you have any questions relating to these results, you should contact your child's teacher.

Next week is Recognition Week for our School Administration and Support Staff (SASS). I wish to acknowledge the wonderful work carried out by the SASS team at Wentworth Falls Public School, the office staff, grounds staff and classroom aides play a vital role in our school and I wish to thank them for their continuing efforts. It is also appropriate at this time to thank our School's General Assistant, Mr. Brendan Cannon for his work at Wentworth Falls Public School. Today is Mr Cannon's last day with us as he takes up a position with a school closer to home. I thank him most sincerely for all of his efforts and wish him all the very best for the future.

It was wonderful to see our children perform at the Opera House on Wednesday night. Strings and recorders all together in such a wonderful venue. I wish to thank, the teachers involved in preparing and supervising our children. I thank the children for their hard work and determination, and I thank the parents for their support of this event. It isn't easy getting down to the Opera House and back for a night time performance. And a special thank you to Ms Elizabeth Cooney for her time, freely given each Friday after school to help prepare our strings group.

Finally, a big thank you to Mrs Partington and Mrs Dickens for their work with this week's Book Week activities. These activities are only possible when teachers are prepared to give their time to make them happen. The promotion of reading is so important for future success at school. Thanks also to our amazing P&C who have made the author visit and performance available to ALL children, free of charge. Wentworth Falls Public School is fortunate to enjoy the support of such a dynamic group!

Michael Hooker
Principal

WFPS iPhone/Android APP

Our free school App is now available for download from both the Apple App Store and Google Play Store, searching by the school's name. Initially you will need to logon to the app with the following details:

Username – *community*

Password – *wentworthfallsps*

You will then be able to select the groups for which you wish to receive notifications (ie: select either ALL or choose the relevant Stage groups for your children).



BONNIE BLAIR

Winning doesn't always mean being first , winning means you're doing better than you've done before -

Principal's Awards		PBL Awards		Principal's Awards		PBL Awards	
	<u>WEEK 4, Term 3</u>		<u>WEEK 5, Term 3</u>		<u>WEEK 5, Term 3</u>		<u>WEEK 6, Term 3</u>
KB	Gracie— Lea	KB	Ewen	KB	No Assembly for EST 1 & ST1	KB	Gabriel
KC	Ida	KC	Clare	KC		KC	Ida
KM	Lizzie	KM	Cobain	KM		KM	Rosie
1D	Leila	1D	Blake	1D		1D	Ellouise
1S	Talyn	1S	Max	1S		1S	Evie
1/2J	Giri	1/2J	Aiden	1/2J	None awarded	1/2J	Alex
2H	Katherine	2H	Abby	2H		2H	Jed
2M	James	2M	Hailie	2M		2M	Kelly
3/4F	Alexandra	3/4F	Leonie	3/4F		3/4F	None awarded
3/4H	Alex	3/4H	Axel	3/4H		3/4H	Christian
3/4M	Braiden	3/4M	Ivy	3/4M	None Awarded	3/4M	Indigo
4/5W	Lily	4/5W	India	4/5W	Ziggy	4/5W	India
5/6B	Amelie	5/6B	Robert	5/6B	Taj	5/6B	Reilly
5/6H	Teagan	5/6H	Sebastian	5/6H	Jasmine	5/6H	Gemma
5/6Z	Lily	5/6Z	Aimee	5/6Z	Andrew	5/6Z	Pang
RFF		RFF	Jemima	RFF		RFF	Violet

Milo T20 Blast School Cup 2016

Students from Stages 2 and 3 participated in the Upper Blue Mountains Milo T20 Blast School Cup on Monday the 15th of August at Katoomba Falls Reserve. We entered boys and girls teams in both the Stage 2 and Stage 3 divisions and all students had an enjoyable day. The event was based around fun and participation and all of our students displaying great enthusiasm throughout the day.

Well done everyone!



1D Science Afternoon

Staff at Book Week Parade—Full Book Week wrap up in the next Newsletter.



OPENING DAYS

Full Lunch Service: WEDNESDAY & FRIDAY

Recess only (not guaranteed): Some Monday's & Thursday's

Canteen
CORNER

Issue 13

25th August 2016

QUICK BITES

KEY DATES:

- Food prep day TBA
- Canteen Catch-up – TBA (late Term 4)

NEWS IN BRIEF:

Use "News in brief" to skim headlines quickly.

- ❖ Canteen Make-over Competition
- ❖ Online Ordering – Article #2 Why it helps our volunteers
- ❖ Survey -Thank You
- ❖ Drink Substitution Policy
- ❖ Gluten Free Options
- ❖ "What I want to order isn't listed online" – There is a reason.

CONTACT
DETAILS

Canteen Convener:
Karen Louis
karenlouis@bigpond.com
0468 772 456

Like us on Facebook:
"Wentworth Falls Public School Canteen"

Online Ordering Canteen
Website:
ouronlinecanteen.com.au

CANTEEN MAKE-
OVER COMPETITION

Canteen Network (a NSW Health initiative (supported by Penrith Bunnings) is running a competition for one local school to win Canteen Make-over.



An entry form note went home this week. Entries must be in by Fri 2nd Sept. Get creative!

ONLINE ORDERING
– ARTICLE #2 WHY
IT HELPS OUR
VOLUNTEERS

As of January 2017, canteen lunch ordering will be completely online (excluding over-the-counter service).



Our special 3-part series of articles continues this week. Online ordering helps volunteers by:

- Providing another avenue of communications through the "News" link in Online Canteen.
- Reducing time spent counting money and manual lunch orders.
- Providing the ability to control, monitor and pre-order stock.
- Notifying parents if items are out of stock prior to them ordering.
- And less stress means less mistakes.

SURVEY – THANK
YOU

Thank you to the 44 families who took the time to provide us with constructive feedback. We have taken every suggestion and criticism, and are in the process of preparing an action plan to make our canteen even better. A note will come home soon.

DRINK
SUBSTITUTION
POLICY

Sometimes we run out of stock for drinks. If this happens your child(ren) will be given another flavour as substitute. Please tell them to come and see Canteen volunteers if they ever receive a substitution they don't like.



If none of that product are available then they will be instructed to return to canteen to select an alternative.

GLUTEN FREE
OPTIONS

We do provide several gluten free options. For some items such as sausage rolls, gluten-free is much dearer than their gluten equivalents, and there is insufficient demand for these products for us to purchase in bulk.

We do provide parents the option to self-supply items for us to re-heat and serve with canteen orders. Contact Karen for more Gluten-Free details.

"WHAT I WANT TO
ORDER ISN'T LISTED
ONLINE" – THERE IS
A REASON

We are now starting to use the stock control feature in Online Canteen. This allows us to enter the number of remaining serves for particular items.

If you don't see the item on the menu it is probably because we have limited the serves.

Please don't order that item over the counter if this happens.



P & C NEWS

Father's Day stall and raffle

A reminder that all Father's Day orders are due by Monday, 29 August. The Raffle for the Hand Tool Kit will be drawn at school on the day of the Father's Day stall.

10th September Council elections

September's Council election provide the P & C with another election opportunity to raise money from the wider Wentworth Falls community (and not just from the pockets of parents). We will be running a cake stall and BBQ. Keep an eye out for a note coming home soon with opportunities to volunteer donating baked goods or helping on the day. Thanks!

Café Canteena

This term we have some new hot drinks to try out – hot choc-orange, hot choc-mint and chai latte. We are open every **Monday morning from 8 to 9.30am**. Lattes, cappuccinos, flat whites, long blacks and chai are \$3, double shots and large coffees are \$3.50 and hot chocolate or Milo is \$2. There are freshly baked muffins, cakes or biscuits too. We use locally roasted TLC coffee and hot chocolates and chai from Grounded Pleasures. We also have skim, soy and decaf.

2016 P & C expenditure breakdown

We have had some requests for a breakdown of what has been purchased with the \$35,855.05 we have donated to the school this year so here is a list:

- Concrete Slab for shed (P&C paying half) \$3,000.00
- Ipads x 35 \$18,025.00
- IPad covers x 35 \$1,240.75
- Stage 1 & Early Stage Readers \$4,457.17
- Wheelers Books ebook platform \$1,363.64
- Numero Class set \$226.36
- Calculators \$719.85
- Jazzbeats Recorder Pack \$77.27
- Stage 2 Class readers \$427.25
- Readers \$48.87
- Books \$3,748.27
- Stage 2 & 3 Dictionaries \$1,188.40
- Readers \$25.23
- ABC Being Me DVD Set \$189.99
- Canteen New/second hand phone, Blender, BBQ, Bain Marie & lights \$600.00
- P&C Membership & Insurance \$517.00

You may notice that many of the items on this list appear to be supplies that many parents would think that the education department should supply to the school – readers, calculators, dictionaries. Government funding for public school funding is limited and there just isn't enough for the school to purchase all the education resources that the teachers need or that we expect as parents. This is why the extra money that P & C raises for the school is so vital to the quality of our children's' education and why we all need to support the P & C fundraising efforts when we can.

Volunteer needed for Assistant Treasurer position

We are still looking for a volunteer to help out our long serving and hard working Treasurer Winton Evers with small but time consuming tasks such as counting and banking the weekly canteen take. If you can lend a hand please contact Winton on winton@ecoprofitmanagemert.com.au or on 0400232200.

(P & C News cont.)

Artfest

Workshops: Thank you for the wonderful response to our workshops. Places are filling up very quickly. If you would like to secure a place in the Cartooning, Paper Clay or Weaving workshops and haven't yet done so, please return your booking form and money to the office as soon as possible. Booking forms can be downloaded from our fantastic new website, www.bluemountainsartfest.net.au, or picked up from the office.

Artists: Entries for artists are now being taken and forms can be downloaded from our website, www.bluemountainsartfest.net.au. Final entries close on Friday 14 October with artworks to be checked in at the school on Thursday 10 November.

Kids Artfest: Look for the fabulous new poster announcing Kids Artfest in the newsletter. Conditions of entry can be downloaded from our website, www.bluemountainsartfest.net.au. Last year the competition grew with entries from many other schools in the Blue Mountains. [The next school holidays is a great time to start creating with entries open until Friday 21 October.](#)

Remember to add Artfest to your calendar -- **Friday 11, Saturday 12 and Sunday 13 November** — and visit our new website, www.bluemountainsartfest.net.au.

The kitchen garden

Heading into the second half of Term 3, with spring somewhere round the corner, its time to get our students into the vege patch to plant the next season's crop. Potatoes, peas, beans, carrots, beetroot will go in first. If you would like to help any class plant please get in touch with Phillipa or Monique.

Our next **working bee** of the year will be the first weekend of **Term 4** – probably Saturday October 12th. Big new jobs are building a small walk-in greenhouse to sit next to the garden shed and turning the bare earth behind the new concrete retaining wall into a mulched native garden. **Any donations of native plants are more than welcome** (locally native tubestock and pots can be found at Wild Plant Rescue in Katoomba or at the Conservation Society nursery in Lawson or at their market stalls in Blackheath or Lawson Community Markets.)

For the rest of this term **Monday after drop off is our regular gardening morning**. You'll find us at the garden shed. Cancelled if wet. We always welcome all parents. Gloves and tools supplied. For more information please contact Phillipa on 0433993046 or Monique at Monique.bisacot@bigpond.com.

Volunteers needed for the uniform Shop

We are still looking for volunteers to keep our uniform shop running. If you are interested please send

Rebecca an email john3066@bigpond.com or drop by on a Wednesday or Friday morning.

Next meeting

Anyone and everyone are welcome to our next P & C meeting on Monday September 12th at 7.30pm in the school hall.

Clothing Pool

Thank you to the parents and carers who have been supporting the clothing pool through your purchases. We've sold a lot this year (**made \$790 so far**) and now we need **more stock**.

Seeking quality donations!

Has your child has outgrown their uniform? Is it in good condition? Could the uniform be: re-sold or would you buy it, if the item was for sale at the clothing pool?

If yes, please consider donating your clean items to the clothing pool.

We currently need more:

Size 6 & 8 summer girl uniforms and
Polo fleece jumpers

Surplus stock update

While we don't have many polo fleece jumpers we do have **polo fleece** jumpers in
size 14 (two) and **size 16** (one) – be quick!

Navy shorts in **size 8** and **10** (we have ten in size 10!)

Sustainability and re-use

Project hair-band. A parent is looking to trial making hair bands from damaged girl school uniforms that cannot be re-sold. If you have a uniform that could be repurposed into a hair band, please drop-off to the clothing pool or office. Clearly **mark 'project hair-band'** on the bag.

For non-school items and school uniforms that are worn/damaged (especially shorts and long pants and polos), please contact your local charity to see if they accept clothing for recycling. Some charities recycle clothing and textiles to be made into industrial rags or other textile by-products (<http://recyclingnearyou.com.au/charities/>). The clothing pool is unable to accept clothes that cannot re-sold or are unclean and worn through.

Opening times

Wednesday 8.25 - 8.45am inside foyer of classroom 1D.

Friday 8.25 - 8.45am

P&C Clothing Pool Volunteers



PUBLIC NOTICES

LEURA PUBLIC SCHOOL
cnr Mount Hay Rd and Willow Park Ave
Leura, 2780

ph : 4784 1251 fax : 4784 3156
email : leura-p.school@det.nsw.edu.au

Talk soon. Talk often Workshop
Saturday 17 September 2016

Dear Parent/Carer,

We are happy to deliver to you '***Talk soon. Talk often***', a book which is being sent home free, to families of primary school children in our area.

Talk soon. Talk often supports what your kids learn about their bodies at school, and helps families to talk about those things without fear, or feeling uncomfortable about language or tricky questions.

We think you will find that ***Talk soon. Talk often*** is helpful in raising of happy, healthy and confident young people. Using it can help to establish open and honest conversations about growing up, and having healthy relationships.

We know that most parents and carers need a little help to feel confident in these conversations, so, we will be hosting a workshop at **Leura Public School** on **Saturday 17 September 1pm-4pm** We invite you to come along.

The ***FREE*** workshop will be delivered by the local experts in sexuality education from Nepean Blue Mountains Local Health District and Family Planning NSW. It will be a chance for fun, lively conversations and sharing ideas, and it is open to any parent, grandparent or carer.

Please respond by completing the attached form and dropping it at the office **before Tuesday 13 September.**

Yours sincerely

Nathan Smith
Relieving Principal
Leura Public School

On behalf of Nepean Blue Mountains Local Health District and Family Planning NSW

Talk soon.Talk often. Talk NOW
Parent/Carer Workshop

PLEASE COMPLETE
AND RETURN TO YOUR SCHOOL OFFICE BEFORE 8th Sept

I / We would like to attend

'Talk soon.Talk often. Talk NOW' Parent and Carer workshop at
Leura Public School

on **Saturday 17th September from 1pm-4pm**

Name(s) _____

PUBLIC NOTICES



The CoolKids and Adolescent Health Program: Helping distressed children & adolescents suffering from somatic health complaints (including recurring headaches, stomach-aches etc).



About 40% of children and adolescents may experience functional somatic health complaints, which are medically benign (that is, they have no identified organic cause). The most common somatic-health complaints experienced by children and adolescents include ***recurring abdominal pain, gastro-intestinal symptoms, recurring headaches, chest pains, dizziness and nausea***. Research has shown that these children are prone to have increased rates of school absenteeism, and this may also have an impact on their learning, peer relations and overall quality of life. Studies have also indicated that up to 80% of children and adolescents struggling to cope with these recurring functional somatic health complaints may also be experiencing anxiety and/or depressive problems.

Our new, **CoolKids and Adolescent Health Program** is designed to specifically help children learn how to concurrently cope and manage their somatic symptoms as well as learn stress management skills. This program is specifically designed for children aged 7 to 17 years who are experiencing recurring somatic health complaints for at least 3 months (and which a GP or medical specialist has confirmed that the symptoms are medically benign). The program is individually based and involves 10 x 1 hour weekly therapy sessions held either in-person at the Centre for Emotional Health (CEH) Clinic at Macquarie University or via Skype or telephone. Interested families will be invited to attend a screening assessment to determine eligibility.

Organisation: Centre for Emotional Health, Macquarie University.

Researchers: Associate Professor Maria Kangas, Prof Ron Rapee, & Prof Mike Jones.

Who is eligible? Children and adolescents aged 7-17 years who are experiencing recurring somatic health complaints for a minimum of 3-months.

Contact: For more information, please contact **Assoc. Professor Kangas and her team** (email: CoolKidsHealth@mq.edu.au or maria.kangas@mq.edu.au) or telephone (02) 9850 8599 or (02) 9850 4082.



The banner features a blue background with a white logo on the left that reads 'AFTER SCHOOL CARE by Camp Australia' and 'we make kids smile'. In the center, a speech bubble contains the text 'GREAT FUN' above a list of activities: '★ Outdoor games and sports', '★ Arts & Crafts', '★ Playing with friends', '★ Great Educators', '★ Food and Cooking', and '★ Indoor Activities'. On the right, a cartoon woman with glasses and a blue shirt holds a sign that says 'To book, visit: www.campaustralia.com.au or call 1300 105 343'.

Great News at Camp Australia OSHC for these school holidays!

We will be hosting the Holiday club at Wentworth falls Public School!!

We have so many exciting activities planned!

The theme for these holidays is Constructions. We are going to build marvellous things together.

We are also going on two excursions: to watch “the secret life of pets” at the movies and to Scenic World.

Please note you do not have to be part of after school care to participate.

Pop onto our website to find out more, or ask one of our staff members for more information.

Looking forward to see you at OSHC...

Let's have fun together these school holidays...

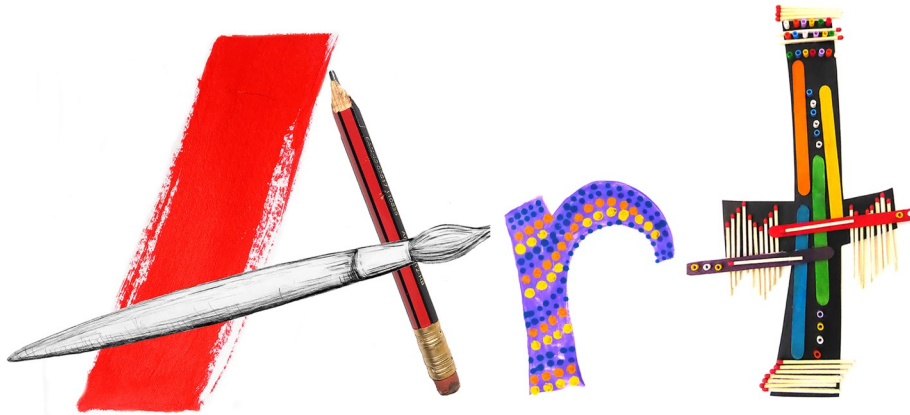
Giuliana Mistretta

Wentworth falls OSHC Coordinator

Deadline
to Enter
Friday
21st Oct

Kids

Open to
students
yr k - 10



Start creating

See the website for details and entry forms
www.bluemountainsartfest.net.au