

# WALBUNDRIE PUBLIC SCHOOL

## Newsletter

Term 1 – Week 4  
20 February 2020



14 Queen Street  
WALBUNDRIE NSW 2642

Phone: 6029 9004  
<https://walbundrie-p.schools.nsw.gov.au/>  
E: [walbundrie-p.admin@det.nsw.edu.au](mailto:walbundrie-p.admin@det.nsw.edu.au)

### Splash Splash



### Upcoming Events

**Friday 21 February**  
SRPSSA Swimming Carnival

**Friday 6 March**  
Athletics Clinic - Session 1

**Wednesday 11 March**  
RPSSA Swimming Carnival  
Athletics Clinic - Session 2

**Thursday 19 March**  
Paul Kelly Cup @ Culcairn

**Friday 20 March**  
Athletics Clinic - Session 3

**Monday 30 March**  
Paul Kelly Cup @ Wagga  
Athletics Clinic - Session 4

**Friday 3 April**  
Small Schools Athletics  
Carnival @ Alexandra Park

**Thursday 9 April**  
Last Day of Term 1

**Our Program &  
Resource Fee is now  
due. Cost per child is  
\$40.00.**

### Reminders:

Home Learning and Reading  
Logs are due back  
Friday 28 February

### Small Schools Swimming Carnival

Congratulations to our students who competed at the Small Schools Swimming Carnival on Friday 7 February. You are all to be commended for your sportsmanship and behaviour. Those students who were successful in making it on to the next level are set to compete tomorrow in the SRPSSA Swimming Carnival.

### SRPSSA Swimming Carnival

Good luck to Hannah, Bonnie, Angus, Oscar C, Jai, Taylor, Harry, Eli and Owen who are representing our school at the SRPSSA Swimming Carnival at the Lavington Swim Centre tomorrow. Please ensure you arrive by 9:30 am for a prompt 9:45 am start.

### Borrowing Business

Mobile Library will once again be coming fortnightly on Mondays of the even weeks (Week 2, 4, 6, 8 and 10). We will continue to do our School library on Mondays of the odd weeks (Week 1, 3, 5, 7, 9 and 11). To keep it simple, students just have to remember to bring their library bags every Monday and it has been added to the Walbundrie Whereabouts in our newsletter and the school website.

### P&C Meeting

Our first P&C Meeting for 2020 will be held Tuesday 25 February at 3:15pm. All parents are encouraged to be an active part of the P&C and attend meetings. This ensures your voice is heard and you stay up to date with school matters. As this is the first meeting for 2020, it will also be our Annual General Meeting (AGM). Nomination forms for office bearers for 2020 have been sent home with the newsletter.

### Toss Another Snag on the BBQ

A huge thank you and a job well done to our P&C who held their first of two BBQs at Bunnings on Sunday 9 February. It was wonderful to see the generous donation of our families and their time to raise money for our school. A reminder that the next BBQ is scheduled to be held on Sunday 8 March. A timetable has been included in this newsletter.

### Athletics Clinics

This term students will participate in four Athletics Clinics as part of the Sporting Schools Grants Program. The IAAF Kids' Athletics Program is designed to develop the fundamental skills of running, jumping and throwing in a fun and engaging way. Each session will run from 9:30am - 11:30am (double sessions) with lunch to be held at 11:30am. These sessions will be on Friday 6 March, Wednesday 11 March, Friday 20 March and Monday 30 March. Students will need to be wearing their sports uniform on these days.

### Keeping Cool

Our SRC will once again be selling Zooper Doopers for \$0.50 each this term with a limit of one per day.

Yours in Education

Kirrilee Twyford  
PRINCIPAL

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## Bunnings BBQ - Sunday 8 March

Set up is 8:30am and close at 4:30pm.

Please see below roster for the BBQ with an allocated shift per family. If your allocated time does not suit, please arrange a change with another family.

One family member per shift is required.

8:30 am – 11:00 am	11:00 am – 1:45 pm	1:45pm – 4:30 pm
Doolan/Kleinert	Lieschke (A&M)	Packer
Lieschke (G&T)	Coyle	McColl/Boyd
Kohlhagen	O'Keefe/Larkman	Phillips



## Creative Kids Vouchers

Don't forget to register for your Creative Kids Voucher! Vouchers can be used to contribute to registration, participation and tuition costs for performing arts, visual arts, coding, languages, literature, music and other creative and cultural activities with the approved list of activity providers.

You can apply for a voucher by following this link:

<https://www.service.nsw.gov.au/transaction/apply-creative-kids-voucher>



## Active Kids Vouchers

In 2020 parents across NSW can now claim and redeem the first of 2 x \$100 Active Kids vouchers. Parents can access 2 x \$100 vouchers per school-enrolled child to cover registration, participation and membership costs for sport, fitness and active recreation activities.

With over 11,000+ approved Active Kids providers, kids can swim, twirl, jump, kick and hurdle their way into loads of sport and active recreation activities. The first voucher is valid until 31 December 2020, with the second being valid from July to December 2020 so kids can get active all year-round.

Please go to <https://sport.nsw.gov.au/sectordevelopment/activekids> for more information or to apply for a voucher.



## Walbundrie Public School P&C

We have the following items for sale (payable to the P&C):  
Walbundrie Crossroads \$20.00 School Hats \$15.00





## What is bullying?

**Bullying has three key features. It:**

- involves a misuse of power in a relationship
- is ongoing and repeated, and
- involves behaviours that can cause harm.

**Bullying** can also occur online. This is known as cyberbullying, which is using technology such as the internet or mobile devices to bully someone. It can include sending abusive texts and emails, posting hurtful messages and putting inappropriate comments on pictures of others.

**Bullying** of any kind is not acceptable in NSW schools, whatever the reason. Schools are committed to working with parents, staff and students to prevent bullying and respond quickly and effectively if it does occur.

## What can you do if your child has been bullied?

### **Listen calmly and get the full story**

Your child needs to know that they are being heard. Their feelings matter and their concerns should be taken seriously. Encourage your child to talk about what happened. Explain to your child that reporting the bullying is okay.

After listening to their concerns, ask questions to get more details if needed: who, what, where, when.

### **Reassure your child that they are not to blame**

Children may blame themselves and this can make them feel even worse. Say supportive things like, 'That sounds really hard to deal with', or 'I'm so glad you told me. You should feel safe at school'.

### **Ask your child what they want to do – and what they want you to do**

It is important to help your child to find their own solution as this will help them feel that they have some control over the situation.

If your child is not in any immediate danger and they feel confident, they could try these strategies:

Ignore the bullying.

Turn their back and walk away.

Act unimpressed or pretend they don't care.

Say "No" or "Just stop!" firmly.

If the bullying happened at school, support your child to tell a teacher.

If your child wants to talk to someone other than the school or you think added support would help, you could tell them to go to the Kids Helpline website. They can also call for free on 1800 55 1800.

### **When do I contact the school?**

Your child may be reluctant for you to speak to school staff. Discuss the idea and reassure them that the school would want to know and is able to help.

If needed, make an appointment to meet with your child's teacher. You could also ask to talk with the principal.

Contact the school immediately if you have a concern about your child's safety.

### **Support for parents and carers**

Kids Helpline also has a parent line with trained teams who provide support, information and counselling for parents of children aged 0-18 years. You can call them for the cost of a local call from 9am to 9pm Monday to Friday and 4pm to 9pm on weekends on 1300 1300 52.

### **Telephone interpreter service**

If you would like to contact the school or Parent Line NSW and need assistance with English please call the telephone interpreter service on 131 450, tell them what language you need and ask the operator to make the call. The operator will get an interpreter on the line to assist you with your conversation. You will not be charged for this service.



# Small Schools Swimming Carnival 2020



Congratulations to all our students on their excellent sportsmanship and effort at the Small Schools Swimming Carnival!

Well done and good luck to Hannah, Bonnie, Angus, Oscar C, Jai, Taylor, Harry, Eli and Owen who are representing our school at the SRPSSA Swimming Carnival at the Lavington Swim Centre tomorrow.





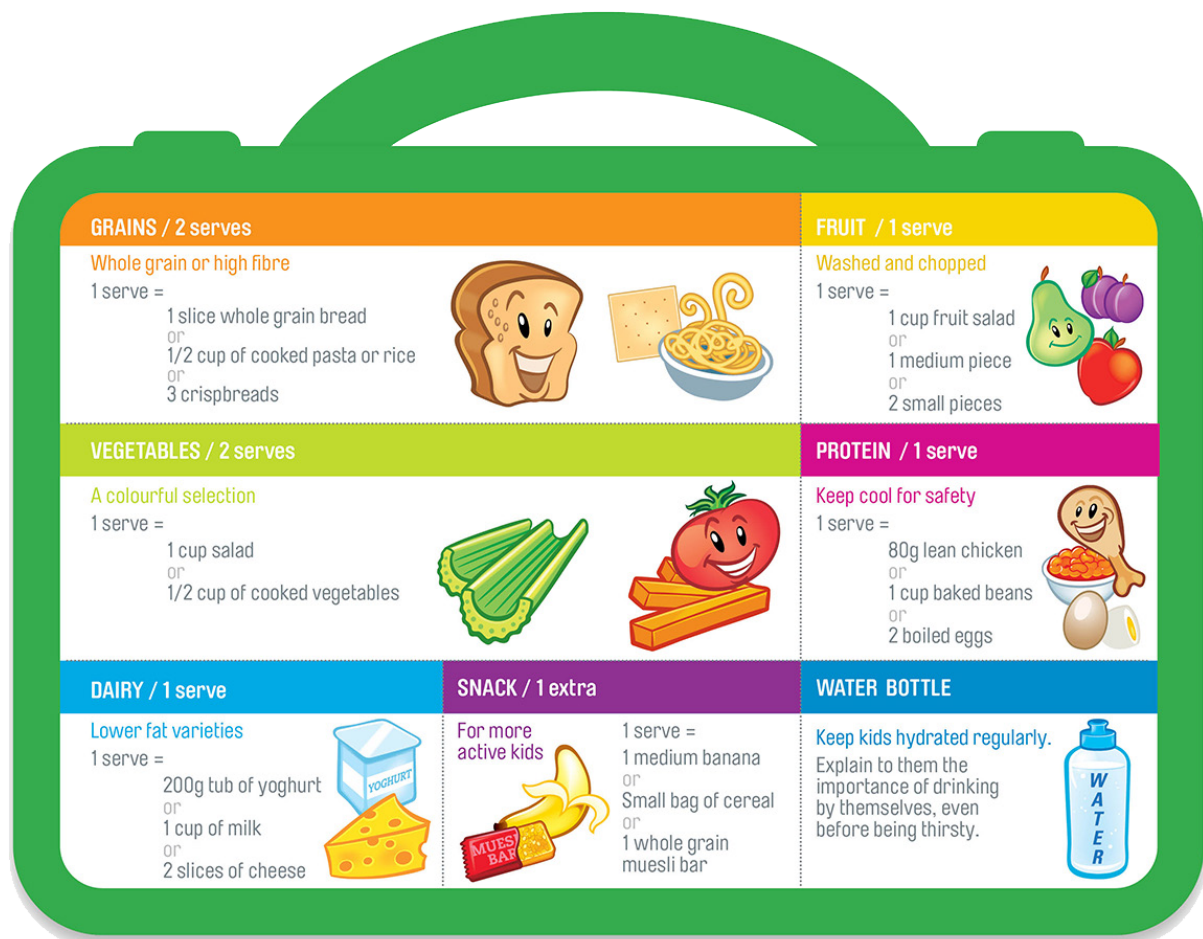
*We had just as much fun outside the water cheering our students on!*



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## WHY READ 20 MINUTES AT HOME?

Student A Reads	Student B Reads	Student C Reads
❖ 20 minutes per day.	❖ 5 minutes per day.	❖ 1 minute per day
❖ 3,600 minutes per school year.	❖ 900 minutes per school year.	❖ 180 minutes per school year.
❖ 1,800,000 words per year.	❖ 282,000 words per year.	❖ 8,000 words per year.
❖ Scores in the 90 <sup>th</sup> percentile on standardized tests.	❖ Scores in the 50 <sup>th</sup> percentile on standardized tests.	❖ Scores in the 10 <sup>th</sup> percentile on standardized tests.

If they start reading for 20 minutes per night in Kindergarten, by the end of 6<sup>th</sup> grade, Student A will have read for the equivalent of 60 school days, Student B will have read for 12 schooldays, and Student C will have read for 3.

(Nagy and Herman, 1987.)

### WANT TO BE A BETTER READER? SIMPLY READ.

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## Breakfast - The most important meal of the day

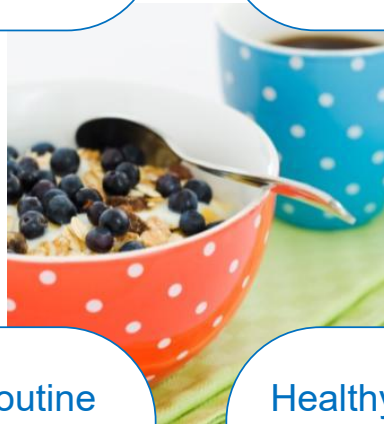
### Why have breakfast?

*Breakfast really is the most important meal of the day!*

- Breakfast breaks your overnight fast
- Breakfast refuels your glycogen (energy) stores
- Breakfast kick starts the metabolism
- Breakfast provides us with the energy to keep us going throughout the day

### Benefits of regular breakfast

- Improves your energy levels
- Improves metabolism
- Provides many beneficial nutrients, and boosts your fibre and calcium intake (compared to no breakfast).
- Reduces your chance of over-consuming high kilojoule foods later in the day
- Stabilises your blood sugar levels
- Improves memory and concentration



### Creating a breakfast routine

- Set your alarm for 10 minutes earlier to fit in breakfast at home.
- Take public transport? Take a portable breakfast option to eat on the way to work.
- Make some 'easy to grab' breakfasts on the weekend, such as savoury muffins or zucchini slice
- If it's allowed, keep some breakfast options at work to enjoy once you arrive.

### Healthy breakfast options

- Wholegrain toast with a thin scrape of peanut butter, or avocado and spinach or reduced fat ricotta
- Porridge with fresh fruit
- Fresh fruit and yoghurt
- Wholegrain cereals with reduced fat milk
- Wholemeal fruit toast with thin scrap of cream cheese
- Fruit or vegetable smoothies
- Boiled eggs with wholegrain toast
- Untoasted muesli

# Walbundrie Whereabouts



Term 1 2020	Week	Monday	Tuesday	Wednesday	Thursday	Friday
	1	<b>27/1</b> Australia Day Public Holiday	<b>28/1</b> SDD	<b>29/1</b> First Day of Term 1 for all students	<b>30/1</b>	<b>31/1</b>
	2	<b>3/2</b> Mobile Library	<b>4/2</b>	<b>5/2</b>	<b>6/2</b>	<b>7/2</b> Swimming Carnival @ Walla
	3	<b>10/2</b> School Library	<b>11/2</b>	<b>12/2</b> Hockey Clinic @ Burrumbuttock	<b>13/2</b>	<b>14/2</b>  Home Learning Due
	4	<b>17/2</b> Mobile Library	<b>18/2</b>	<b>19/2</b>	<b>20/2</b>	<b>21/2</b> SRPSSA Swimming Carnival
	5	<b>24/2</b> School Library	<b>25/2</b> P&C Meeting and Annual General Meeting (AGM)	<b>26/2</b>	<b>27/2</b>	<b>28/2</b>  Home Learning Due
	6	<b>2/3</b> Mobile Library	<b>3/3</b>	<b>4/3</b>	<b>5/3</b>	<b>6/3</b> Athletics Clinic - Session 1
	7	<b>9/3</b> School Library	<b>10/3</b>	<b>11/3</b> RPSSA Swimming Carnival @ Albury Athletics Clinic - Session 2	<b>12/3</b>	<b>13/3</b>  Home Learning Due
	8	<b>16/3</b> Mobile Library	<b>17/3</b>	<b>18/3</b>	<b>19/3</b> Paul Kelly Cup @ Culcairn	<b>20/3</b> Athletics Clinic - Session 3
	9	<b>23/3</b> School Library	<b>24/3</b>	<b>25/3</b>	<b>26/3</b>	<b>27/3</b>  Home Learning Due
	10	<b>30/3</b> Paul Kelly Cup @ Wagga Athletics Clinic - Session 4 Mobile Library	<b>31/3</b>	<b>1/4</b>	<b>2/4</b>	<b>3/4</b> Small Schools Athletics @ Albury
	11	<b>6/4</b> School Library	<b>7/4</b>	<b>8/4</b>	<b>9/4</b> Last Day of Term 1 for all students Home Learning Due	<b>10/4</b> Good Friday

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