WINDSOR PUBLIC SCHOOL NEWSLETTER

11th March, 2013

Windsor Public School

We can all be STARR students

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PRINCIPAL’S MESSAGE
BLUE & WHITE MUFTI DAY

Thank you for your support with our first fundraiser for the year. Students raised a total of $243.00 through their gold coin donations.

I wish to inform parents that there are specific dress codes that need to be adhered to in relation to Department of Education and Communities guidelines. Students must wear enclosed shoes (no sandals, thongs) and should also wear a t-shirt as a minimum (no singlet tops with exposed shoulders).

I trust that you can appreciate the need to comply with sunsafe and workplace policy, whilst supporting a theme day at school.

PASSIVE PLAY AREA

No doubt, you have noticed the construction of the timber tree-hugga seat in the passive play area. This specially designed seat will be completed within the next few weeks and I’m sure will become a popular feature in this area.

Funds for the seat were obtained from a Commonwealth Bank competition which we won through the submission of a well-constructed piece of poetry about our school community. What better way to recognise community effort by constructing something significant which can be used by our school community for many years.

Unfortunately, resulting from plumbing works and a cracked water pipe in the passive play area, the ground has become very boggy – hence the need to tape of the area until the ground has had sufficient time to dry out.

Mike Watson
Principal

STAGE 1 (K – 2 ) COMMENDATIONS

Congratulations to the following students who received awards last week. Well done!

KW
Aleeya Warrington - trying hard with her sounds
William Baldwin - fantastic balancing in Sport

K-1C
Stephen Radunz - writing words correctly
Zak Oaklands - great sentences

1R
Jesse Davis - working well in Reading groups
Iris Miller - working well in Maths

2F
Riley Taylor - a fantastic recount
Gemma King - a huge improvement in Reading
STAGE 2 & 3 (YEARS 3-6) COMMENDATIONS

Congratulations to the following students who received Awards last week. Well done!

**3B**
- Paris Mackintosh - for her excellent presentation of work in all areas
- Mathew Malss - for trying hard to complete his work and improved attitude towards learning

**4M**
- Matthew Gatt - great attitude and enthusiasm in the classroom
- Sarah Dorahy - improvement in Maths and class participation

**5T**
- Emily Brodie - improved attitude and effort in Maths
- Kody Massingham - developing a positive approach to his classwork

**5-6C**
- Tamara Parisi - a great start to the year
- Jacob Towner-Cohen - a reliable hardworking student

STARR AWARDS

Congratulations to the following students from Class 4M who received STARR awards in week 5. Well done!

**4M**
- Connor Simmons
- Leroy O'Connor
- Katrina Maher
- Matthew Gatt
- Katie McClure
- Alexi Suela
- Reili Massingham

LUNCH ORDERS

Please remind your children to put their lunch orders in the container before 9am. The lunch container is now a white bucket on top of the wooden cabinet in the foyer.

Children who forget to place their lunch orders can purchase a vegemite or jam sandwich from the office.

SCHOLASTIC BOOK CLUB

Issue 2 of the Scholastic Book Club will be sent home with students this week.

When placing an order please ensure that the Student's Name and Class are on each order form and if you have paid by credit card on-line that you have included your receipt number on the order forms.

The last day for payment and orders from Issue 2 will be Tuesday 19th March 2013.
**P&C EASTER RAFFLE**

The P&C will be holding an Easter Basket raffle to coincide with the Easter Hat Parade on Thursday 28th March.

A note with more details and the raffle tickets will be coming home soon. Tickets will be $1 each or 3 for $2.

All baskets are in the office if you wish to view them.

**P&C NEWS**

The WPS P&C AGM was held on Monday 4th March with a good turn-out including some new members, parents & staff. The P&C AGM sees all committee positions absolved and the new committee nominated and elected. This year has seen some changes:

- President: Lisa Sullivan
- Vice President 1: Debbie Benson
- Vice President 2: Jodie Toomsalu
- Treasurer: Sandra Bailey
- Secretary: Brooke Galea
- Canteen Secretary: Tammy Small & Jess Mavin
- Clothing Pool: Lisa Baldwin & Kylie Toomey

Firstly, as incoming President I would sincerely like to thank Ruth Maittlen for her 6 years involved with the P&C and as President. Ruth oversaw many projects & events that the P&C have either solely and/or joint funded with the school, including the smart boards in classrooms, the COLA, yearly library & class room assistance donations and playground enhancements to name just a few. Ruth’s involvement has had a big impact to assist with bringing great educational support to our staff and students and I am sure a lot of you share my thanks to Ruth for her tireless efforts.

Secondly, I would like to thank all those in the new committee who have either continued their positions, changed their positions or are new to their positions for 2013! It is really encouraging to see parents in whatever capacity they are able, being involved and assisting the P&C’s ongoing quest to enhance our great little school both in the class rooms and the playground. Special thanks go to Sandra Bailey who is continuing as Treasurer for her 14th consecutive year and who will be sadly leaving us next year when the last of her kids will be leaving the school.
Assisting with the P&C does not however mean you need to hand your life over or attend every meeting (although it would be wonderful if you could make some meetings!). We are hoping to get a few extra people who can assist on the day/night with some of our events for 1-2 hours where possible. For these events, all of the organising has been done, however we do require additional people to make these events run smoothly, fun for the kids and successful.

For Term 1, we have the Easter hat parade on Thursday 28th March, 2013 for which the P&C will be holding a Tea & Coffee stand and raffle. We require P&C and additional parents for approx. 1-2 hours - time TBC. Please let me know if you are able to assist on the day! Events for the rest of the year, I will update closer to the time.

As suggested at a P&C meeting last year, we will be setting up a fundraising level ‘thermometer’ or something similar to show how much money the P&C have raised. The project we have in mind for the school is yet to be finalised with details and costs, so please watch this space!

Becoming a P&C financial member ($1 for the year) enables you to receive a copy of each meeting minutes, entitles you to vote for decisions being made regarding fundraising, events held etc, and where keen, eligible for a committee position. The P&C is a great group of friendly, enthusiastic parents and staff, so please come and say hi if you see me during school drop-off or pick up, should you have any questions, comments or suggestions!

Lisa Sullivan
0418 615 300

HANDMADE AND HOMEGROWN MARKET

In preparation for our School Market and Fete on 25th May we are in need of some items - empty Milo tins (any size) clean unused paddle pop sticks bright coloured paints.(not crafty type paints as the paint is required to paint the milo tins) one large clam shell usually used as a sandpit or wading pool for toddlers

If you are able to donate any of the above items it would be greatly appreciated. For any enquiries please call Tammy on 0416 247247

STUDENT BANKING

School banking is every Tuesday!
GERANIUMS!
We would like to thank the people who have donated some geraniums for the garden. We have planted the first lot, but we still need some more. Also the mufti day last week was a HIT.

Jack W

SCHOOL BOMBER JACKETS
A note has been sent home with information for ordering school bomber jackets. The last day for orders and payment will be Tuesday 9th April, 2013.

Jackets are ordered on a **pre-paid basis** therefore full payment at time of ordering will be required.

UNIFORM NEWS

**Special! Special! Special!**

School jumpers discontinued trim and printing colour.
Bottle green with lemon trim and large crest - $5
Bottle green with lemon trim and small crest - $10
Please note limited sizing available

New stock has arrived for girl’s dresses. Due to a price increase from the manufacturer the dresses are now $38

ICAS TESTS

Please note the following dates for ICAS.

Writing: Monday 17th June $17 per student
Spelling: Tuesday 18th June $11 per student
English: Wednesday 31st July $ 8 per student
Maths: Tuesday 13th August $ 8 per student

Permission notes will be sent home in a few weeks
WESTERN SYDNEY REGIONAL DANCE CAMP

A three day residential camp for talented dancers is being offered for Stage 3 students (Years 5&6) from 26th – 28th March, 2013 at Merroo Christian Centre, Kurrajong.

For further information and details please see Mrs. Russell.

LAST DAYS FOR PAYMENT

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<tr>
<th>Now due</th>
<th>Kindergarten – Class requirements</th>
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<tr>
<td></td>
<td>$55 per student</td>
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<tr>
<td>Now due</td>
<td>Year 1 – Class requirements</td>
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<td></td>
<td>$55 per student ($60 with Homework Folder)</td>
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<tr>
<td>Now due</td>
<td>Year 2-6 – Class requirements</td>
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<tr>
<td></td>
<td>$55 per student</td>
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<td>Tuesday 12th March</td>
<td>Surf Educate Stage 2 classes 3B &amp; 4M</td>
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<td>Friday 15th March</td>
<td>Sport Permission Note $2 per student</td>
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<td>Tuesday 19th March</td>
<td>Scholastic Book Club orders</td>
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<tr>
<td>Friday 22nd March</td>
<td>Pulse Choir T-Shirt/Participation fee $25</td>
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<td>Tuesday 9th April</td>
<td>School bomber jackets orders/payment</td>
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<td>Tuesday 9th April</td>
<td>Sports in Schools $40 per student – capped at two children per family</td>
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FOR YOUR DIARY

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<th>Now due</th>
<th>Emergency Contact forms to school office</th>
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<tr>
<td>Thursday 28th March</td>
<td>Easter Hat Parade</td>
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<td>Saturday 25th May</td>
<td>Handmade and Homegrown in the Hawkesbury</td>
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The school office is open from 8.30am until 3.00pm.
Uniform purchases 8.30am to 2.45
Helping kids deal with loss

Children frequently experience fear and sadness after loss. They fear the future and the unknown that lies ahead and they feel sad for the loss of a loved one, or situation.

Kids may experience many different kinds of loss, including a friend who moves away, the death of a treasured pet and the death of a loved one. Although death is the most permanent loss we face, there are other forms of loss that can be devastating such as, moving home and family separation.

Helping kids deal emotionally with loss is something that all parents experience from time to time. While nothing really prepares kids for the loss of a loved one, helping them cope with the smaller losses such as the death of a pet, does impact on kids when more significant loss occurs.

When loss is sudden and unexpected, there is much less time for kids to adjust. An anticipated death, separation, or move is easier for kids as they have had time to think, mourn and anticipate how they will react. These gradual changes make loss easier to deal with. When loss is sudden there is more confusion and distress.

Loss, by its very nature involves a grieving process, which is our natural reaction to an event that reshapes our world. For kids grief has two requirements. First, kids need to process the event that lead to loss. “Will Daddy ever come back?” “Can I die too?” Second, they need to mourn the loss of the loved one. “I wish grandma was here to read me a story.”

Children frequently experience fear and sadness after loss. They fear the future and the unknown that lies ahead and they feel sad for the loss of a loved one, or situation. Kids grieve in different ways. Adults frequently are grieving the same losses, so assisting kids through difficult circum-stances is tremendously challenging.
Here are some general guidelines when children experience significant loss such as the death of someone close to them:

1. Talk about death or loss.

Children do not benefit from putting it out of their minds. Share important facts about the event. Attempt to get a sense of what kids think and feel about the situation. Invite them to talk about their feelings regarding the event, but be guided by their reactions.

2. Share some of your own feelings and thoughts.

Sometimes children act as if they have not heard anything you have said when experiencing loss, but they have. Be prepared to repeat the same information again and again as kids often don’t process information when they are distressed.

3. Reassure kids that feelings of sadness and helplessness are normal.

Knowledge of the grieving process can be reassuring to kids, and can provide hope that they will not always feel the way they do.

4. Involve children in the rituals, including the funeral.

There are no hard and fast rules here, but involvement can help them move through the grieving process. Most children, even preschool age children, can handle going to a funeral (although they should never be forced to go).

If it seems too overwhelming for your child, or if he doesn't want to go, then you can create your own ritual or memorial service later. If you do intend to take your child to the funeral, be sure to prepare him in advance for what is going to happen and be ready to answer any questions that he may have during the service.

Dealing with loss is a long process and children usually go through the same stages as adults, but it’s not always a continual process. Kids may be sad and grieving one minute and then later they may playing and appear happy and carefree.

Some kids act out, develop behaviour problems or withdraw after the death of a loved one. At times like these, it’s best to be empathetic and let him know that you feel sad too and sometimes it makes you get angry or lose your patience.

If behaviours and emotions are still extreme after six months it’s probably time to see a professional to help you and your child cope with the loss.
On Thursday, 7th of March, Year 6 went to Healthy Harold where we learnt about the effects of alcohol. Alcohol affects your brain, liver and other organs. The liver can only break down one standard drink an hour. Alcohol slows down all your movements and thoughts. Alcohol is the cause of many car accidents, deaths, brawls and other related things. If you drink drive you, will lose demerit points and maybe even your licence and your vehicle will be seized too. Alcohol clouds your vision and even makes you forget stuff. Not drinking too much alcohol can save you life. Also drinking clouds your thoughts and you might seriously injure or even kill someone. The type of alcohol depends upon how much you can have until you have had one standard drink. Chewing gum and or having breath mints won’t prevent the alcohol detector from catching you drink driving. The limit is 0.05 for fully licenced drivers but for L and P platers the limit is 0.0.

So if you are going to drink, don’t drive!

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On Thursday 7th March 5/6C went to Healthy Harold. At Healthy Harold we learnt about the effects that alcohol and drugs have on our bodies.

At Healthy Harold we learnt that alcohol doesn’t just affect one part of your body, it affects the whole thing. We also learnt how our bodies work.

Also at Healthy Harold we learnt how alcohol affects the nervous system. When alcohol gets into your blood stream, it slows down the nervous system. Unlike energy drinks, which make the nervous system go three times faster, alcohol makes your nervous system go three times as slow.

Overall Healthy Harold was really interesting. I really enjoyed Healthy Harold.

By Isabella

5/6C
On Thursday 7th March 2013, WPS year 6’s went to the Healthy Harold van. The subject this year was “Think Twice”, a program about alcohol and its effects on the body.

After a (fairly) noisy entrance to the van, we were instructed to sit around a pile of objects, including: a fake driver's licence, a beer bottle, a police badge and two clocks showing two different times. The lady then told us to think about ways that all the pieces could fit into a likely story.

Next, when the items had been picked up from the floor, a carpet was rolled out with a human outline painted on it and organ simulators made of plastic. We then had to place the in the right position.

Then for about twenty-five minutes we watched short films about organ damage, resisting peer pressure and other topics. "True or False" was the game that followed before leaving.

Healthy Harold successfully taught Yr 6 all about the dangers of alcohol.

Written by Josh