Principal’s Message

OUTDOOR LEARNING STRUCTURE

Last week we took delivery of 4 brushed aluminium bench seat/table combinations. Mr Cromie is currently constructing the units which will be placed in our new structure.

While cooking sausages at the recent P&C Bunnings fundraiser, a collective decision was made to purchase 2 decorative screens (which were conveniently positioned directly in front of our stall) to place either side of the water tank to obscure the view of Macquarie Street.

No doubt, when completed, this addition to our school will be well used by staff and students.

PERCUSSIONISTS PERFORM AT BLUES AND ROOTS FESTIVAL

Last Friday and Saturday evenings, our Percussionists performed in Windsor Mall as part of the Blues Festival celebrations.

The boys entertained onlookers with their unique style and sound and no doubt enjoyed such a public appearance.

I’m proud of their consistency in learning difficult pieces and patterns! I also thank parents for their support and assistance with transport.

BANDANNA DAY

This Friday is Bandanna Day and as a school, we will be again supporting this charity that assists young people living with cancer.

Bandannas are currently on sale ($4.00 each) and will be on sale each morning this week. I encourage our school community to support this worthwhile cause and purchase a bandanna. All students may wear their bandannas on Friday 30th October.

Important Information

COFFEE CLUB

As previously mentioned, I will be trialling a “coffee club” for interested parents. The first gathering will be held on Monday 9th November at 2.15pm in the library. Mrs Berghofer and I will be in attendance and would like to share information about aspects of technology, as well as gain insights from attendees for future topics for discussion.

PUSHCART CHALLENGE

Entry forms are due this Friday—30th October. Unfortunately, I have only received 1 boxcart entry and 4 pushcart entries. The event may be cancelled if there are not enough entries to warrant a worthwhile event—this would be most disappointing for those few who have already put time and effort into constructing their carts.

ENROLMENTS

Last week I had the pleasure of meeting some of our new 2016 Kindergarten parents—I welcome them to our great school community. This Wednesday, our new Kindergarten cohort will attend our school for a classroom visit to gain some insights into ‘big school’. I trust that they will enjoy their visit and will be excited to return!
Congratulations to the following students who received STAGE awards.

**KZ**
- Jack McInerney: great effort in writing tasks
- Brianna West: displaying great comprehension skills during reading tasks

**K-1F**
- Cailin McHenry: fabulous work in all aspects of literacy
- Tommey Clark: always applying himself in classroom activities

**1-2M**
- Cody Smallwood: improved behaviour in class
- Talaana Gabriel: great effort in reading

**2G**
- Seth West: not giving up with his writing
- Stephen Radunz: great editing of his writing

**2-3V**
- Dahlian Jennings: improved effort in Maths groups
- Lucas McIlrick: fantastic effort in Maths groups

**3-4T**
- Stephanie Pemberton: excellent all round effort
- Joshua Wade: creativity during writing

**4-5C**
- Mason Walker: improvement in Maths
- Gemma Whitmore: improvement in Maths

**6B**
- Tiarna Hitchen: showing increased maturity in all areas
- Riley Massingham: improved effort in Mathematics
Congratulations to the following students who received STARR awards.

**KZ**
- Sahkai Gabriel
- Ruby Oaklands
- Lachlan Reeves
- Poppy Spies
- Brianna West

**K-1F**
- Laila Arab
- Tommey Clark
- Charlotte Jones
- Elise Radunz
- Hannah Shamoun
- Hayden Shamoun
- Madeleine Macdonald
- Anna Pugliese
- Shelby Stanyer
- Brody Taylor
- Peyton Shipley

**1-2M**
- Ryan Callaghan
- Elizabeth Zouait
- Chloe Pike
- Mikayla Layt
- Talia Frost
- Grace Vredegoor
- Ruby Bugeja
- Talaana Gabriel

**2G**
- Seth West
- Lily Spies
- Braxton Shearer
- Dominic Shamoun
- Stephen Radunz
- Peri Kane
- Lily Callaghan
- Ruby Blume
- Eden Bugeja
- Cassidy Grima

**2-3V**
- Jacob Simmons
- Jackson King
- Marcus Mavin
- Maxine Suela
- Zak Oaklands
- Melek Gabriel
- Eroni Suasua
- Alex Zouait
- Jamayne Spence
- Bailey Jones
- Harmony Martin

**3-4T**
- Lachlan Kersten
- Kendra Shuttleworth
- Jake O’Connor
- Makaelah Simmons
- Joshua Wade
- Bailey Chapman
- Ethan Lewry
- Riley Taylor

**4-5G**
- Taylah Reeves
- Jordan Tolmie
- Xavier Shuttleworth
- Seth Stanyer
- Paige Hottwagner
- Jett Merryweather
- Emily Shamoun
- McKeely Whitmore

**6B**
- Tiarna Hitchen
- Lachlan Morgan
- Clarice Suela
- Taine Nolan
- Ethan Hearne
- Sarah Dorahy
- Connor Simmons
- Katrina Maher
- Felicity Tait
- Jada Cooper
AROUND THE SCHOOL

Swim scheme
THE BUTTERFLIES

One winter night the butterflies rest in peace.
Some may rest and some may play.
All the butterflies can’t wait ‘til day.
They all can’t wait to play with their new friends all day.

By Cooper 3/4T
Obstacle-a-thon

Just a final reminder to anyone that hasn’t returned their sponsorship money can you please do so this week. Thank you.

Please note: All P & C related events need to be paid for by cash or cheque as we do not have EFTPOS facilities available. Thank you.

Bunnings BBQ

The P & C and Fundraising Coordinator Sally McDonald would like to express our gratitude to all our volunteers that helped on the day. From the early morning set up team, to those who came throughout the day, and to the end of day clean up team - you all did an amazing job. We would also like to send a very big thank you to all those that donated supplies. We are very grateful to everyone for their assistance in making the day a success.

We have had many favourable comments from the public, both directly to us and through Bunnings, regarding how well run our BBQ was. We are very proud of our fabulous school community—well done!

Upcoming Events

♦ P & C General Meeting
  - Monday 2nd November at 7pm in the Staffroom

♦ Special Lunch day
  - Wednesday November 18th

Looking forward this term we still have our:

* Special Lunch day: Wednesday November 18th. Further information to follow.
* General Meeting: Monday 2nd November at 7pm in the Staffroom
* General Meeting: Friday 4th December at 9:15am in the school hall.

Clothing Pool

The Clothing Pool is located in the P&C room off the Hall. We currently have plenty of stock at great prices, however we are always more than happy to accept your support & donations, particularly in larger sizes!

Open Monday afternoon 2.30-2.55pm and Friday morning 8:45am-9:10am.

For other times please do not hesitate to call Lisa on 0403 015 423 or Kylie on 0416 274 804, who would be happy to assist you. *Change room area now available*

*The P&C is grateful for the continued support of our families, friends and sponsors – Thank you!*
**ADMINISTRATION MATTERS**

**Year 5/6 Canberra Excursion/Parliament & Civics Education Rebate**
Year 5/6 students from our school will soon be participating in an excursion to the national capital between 3-5th November. Students will be given the opportunity to participate in a variety of educational programs with a focus on Australia’s history, culture, heritage and democracy. This will be in conjunction with a unit of work they have been studying in class. The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government has subsidised the cost of the Canberra excursion under the Parliament and Civics Education Rebate program and this has assisted the school in reducing the cost of the excursion. **The Yr5-6 Canberra excursion final date for payment is 28th October, 2015**

**Kindergarten 2016**
Enrolment forms for kindergarten students are available from the school office. If there is a sibling already at the school these can be printed off with all relevant information.

**Year 6 Fundraiser**
The year 6 farewell committee will be selling ice blocks every Friday until the end of the year. Ice blocks will cost $1 each.

**Artwork Fundraiser**
Final date for orders for “Crazy Camel” artwork, where each student produces their own unique piece of art, will be Friday 30th October.

**Reminder to pay any outstanding workbook and sports field fees**
Payment envelopes are included with excursion notes for your convenience.

Payments can be made by cheque, cash, and eftpos. Please be aware that the school office cannot accept eftpos or credit card payments for Book Club or any P&C raffle, disco etc.
Our Sponsors

We would like to thank both these local businesses for their generous support and donations throughout the year with our fundraising and school events. Please show them your support if you choose by giving them your patronage.

495 George St, South Windsor NSW 2756

Cnr George and Palmer Streets, Windsor NSW 2756
Office: 02 9119 1036
Our Sponsors

“Aussie Choice Realty believes it’s important to offer our support and be more involved in our local community.”

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<tr>
<th>Term Four</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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<tr>
<td>Week 1</td>
<td>5 October Public Holiday</td>
<td>6 October</td>
<td>7 October</td>
<td>8 October * Review Meetings *Hawkesbury Harvest * Stage 2 basketball gala</td>
<td>9 October P&amp;C Meeting</td>
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<td>12 October * Parent Meeting - front gate</td>
<td>13 October Dance Festival</td>
<td>14 October Dance Festival * Windsor PS Performance</td>
<td>15 October</td>
<td>16 October Sports Photos Bunnings BBQ 18th Oct</td>
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<td>19 October Stage 2 Enrichment Day at Longneck Lagoon EEC Swim Scheme</td>
<td>20 October</td>
<td>21 October Kinder Orientation Meeting 9.15am</td>
<td>22 October Hawkesbury Harvest</td>
<td>23 October Percussionists performing at Blues Festival</td>
<td>24 25 Oct</td>
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<td>26 October Swim Scheme</td>
<td>27 October</td>
<td>28 October 9.15am-10.30am 2016 Kinder classroom visit.</td>
<td>29 October</td>
<td>30 October *Pushcart Entries Due * Bandanna Day</td>
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<td>2 November P&amp;C Meeting</td>
<td>3 November Stage 3 Canberra Excursion</td>
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<td>10 November High School Transition Day at Windsor HS.</td>
<td>11 November 9.15am-10.30am 2016 Kinder classroom visit.</td>
<td>12 November AFL promotional talks &amp; footy frenzy.</td>
<td>13 November Pushcart Challenge</td>
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<td>16 November</td>
<td>17 November High School Transition Day at Windsor HS.</td>
<td>18 November P&amp;C lunch for students.</td>
<td>19 November Light Up Windsor - performances * 2016 Student Leader Speeches</td>
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<td>24 November Cool Kids Concert at 10.45am.</td>
<td>25 November</td>
<td>26 November Whole School Rewards Day</td>
<td>27 November *P&amp;C/Staff Dinner *Reports to Stage Leaders * Yr6 Ice cream Soda Day</td>
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<td>30 November</td>
<td>1 December Percussionists performing at Windsor Library.</td>
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<td>4 December *P&amp;C Meeting</td>
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<td>7 December Combined Assembly</td>
<td>8 December</td>
<td>9 December Parent/Helpers Morning Tea</td>
<td>10 December Merit BBQ/Principal’s Afternoon Tea</td>
<td>11 December *Community Evening * Semester 2 Reports sent home.</td>
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<td>14 December Presentation Day</td>
<td>15 December Year 6 Farewell</td>
<td>16 December Student’s last day Movie Day</td>
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PARENTING IDEAS - By Michael Grose

5 healthy ways to manage emotions

Here are 5 healthy ways to manage your emotions that you can pass on to your children:

1. Breathe deeply

The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight) count to 3 quietly while breathing through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little ‘heady’, which indicates deep (and low) breathing.

2. Use a positive reappraisal

Sometimes known as positive reframing, positive reappraisal is a simple technique you can use to help you look at a situation or event in a different light. Emotions are caused not by an event, but by the way we look at an event. A wedding speech to one person is a chance to strut your stuff (so they feel excited), while someone else may see it at as a nightmare (so they feel anxious). Change the way you view something and you’ll better be able to manage your emotional response. “This is a challenge, not a problem” is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

3. Use positive, REALISTIC self-talk

Next time you catch yourself talking yourself or something down replace the negative with something realistic but more positive. Something like “I’ve done it in the past and I survived. So I should be able to do it again.”

Repeat this a few times and your emotional state will shift to a better one. You may not exactly be jumping over the moon with confidence but you will feel less stressed. That’s what emotional management is about.

4. Have constructive habits and hobbies

One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up, making life enjoyable. Single-tracked lives— all work and no play – are recipes for emotional disasters. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up.

5. Seek professional counselling

We all get stuck from time to time by aspects of our lives, such as experiencing loss, transition or trauma. When this happens we need a professional who can help us take the steps needed to become ‘unstuck’. A well-known song by US singer Kenny Roger song went, “You’ve got to know when to hold ‘em, know when to fold ‘em and know when to walk away.” I’d like to add another line- “You’ve got to know when to get some help.” Seeking help is something we are getting better at as a community, but we still have a long way to go until it accepted and normalised.