



Dates to Remember Term 4

Monday 11—Friday 22 November	Intensive Swimming Program
Monday 18 November	Jerral Puppets Preschool
Thursday 21 November	Jerral Puppets Preschool
Wednesday 27 November	School Disco P-6 –See note
Friday 29 November	Thank you Morning tea 10.30—11.30

Dear Parents,

We have some very clever students leaving our school at the end of this year due to their successful education at Waratah Public School over recent years. These students have successfully applied for positions in the Year 5 OC classes and Year 7 GATS classes. Congratulations go to these students. Keep up the great work and effort next year and continue to make WPS proud.

On a similar note congratulations to the Year 5 students successful in their application to join our own ICT class with Mrs Christie next year. All the years of hard work are now paying off. Enjoy the opportunities provided and make the most of the time spent.

10 Things You Didn't Know About Miss Mackie

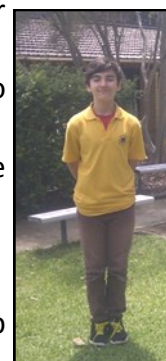
- I grew up on the beach in Bondi.
- I'm getting married in January and going on an African Safari for my honeymoon.
- I have a black spandor dog called Boston.



- I travelled Europe for a year and slept in a van.
- My favourite sport is netball and I play three times a week.
- My best friend lives in Singapore.
- I did gymnastics for 10 years when I was young.
- I spend every Summer at the beach.
- My heritage is German.
- I knew I wanted to be a teacher since I was in Year 7.

10 Things You Didn't Know About Our Captains—Ambrose and Arrabella

- My favourite colour is blue.
- I play tennis.
- I played for a junior baseball team for 2 years.
- One day I plan to go to wilderness adventures.
- I have a pet blue budgie named Archimedes.
- I am terrible at sleeping in.
- I can tie a clove hitch knot.
- My favourite food is lamb ribs.
- I have never broken a bone in my life, so far.
- I have been through every class year at WPS including preschool.
- I like to go motorbike riding.
- I like being a leader at WPS
- I like to go to the beach in my spare time.
- I have 2 brothers and sisters.
- My favourite food is icecream.
- When I grow up I want to



be in the Australian Netball Team.

- I love going on holidays to Forster.
- I've been at this school for 2 ½ years.
- I use the words OMG all the time.
- I play touch football.

K-6 Reports

Teachers are busy at this time of year writing their student's reports. These will be completed and sent home on Presentation Day, **Wednesday 11 December**.

I suggest parents locate their child's half yearly report and refresh their memory on comments made. It would even be worth making an appointment or phoning your child's teacher before this date if you have any concerns or questions. Reports are for letting parents know the progress their child has made and adding some focus areas for improvement, next year.

Tinonee Gardens Nursing Home Visit

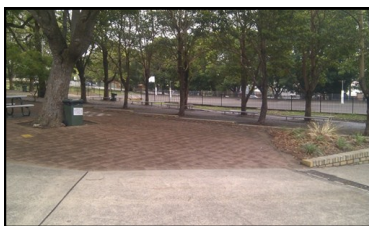
Students from Waratah PS choir and 4/5S dance group will be performing for the people living in the nursing home as part of the Christmas celebrations this year. The teachers and students involved will be walking down to the centre on **Thursday 12 December at 9.30 am** and returning just after recess. More information soon.

This is a lovely time for all involved and we are proud to be part of the celebrations. Thank you to the organisers.



Playground Duty Expectations

This week the wet weather has made it very difficult for the students to get out and play. Please remind your children to stay out of the mud and choose games more suitable to the wet conditions.



As part of the staff meeting this week we revised the "Playground Expectations" and looked at the morning activities. Due to

safety reasons alone, we have continued to enforce the 8.30 am playground rules on the asphalt of:

- Handball and skipping only.
- No footballs.
- Basketball shots only- no games.
- No running games.

For the same reasons we expect students to play quiet games under the COLA of a morning as well. These will include:

- skipping, handball, and definitely no running.



I have asked all staff to review the playground expectations. Mr Metcalfe spoke to staff this week to reinforce the importance of being consistent and enforcing the school rules and consequences. I can be available to discuss this or any other issues further, if parents or children need this clarified.

Twilight Picnic

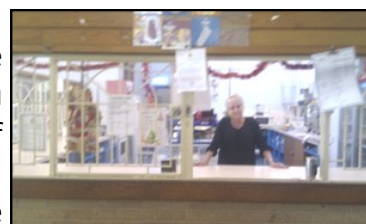
There are many preparations on the go this week ready for this exciting evening of fun and singing. The P&C are organising the food and many staff are involved in the organisation of songs etc. Please let the P&C know if you can help out too! Thanks again!

STILL-Wanted-Gloss Paint!

We require some gloss paint for our shelves in the canteen.

If you have some spare can you please drop it off at the canteen.

Donna would be very appreciative.



Parent Helpers Morning Tea

29 November 10.30 am -11.30 am

We thank all the helpers and hope you can make this morning tea to allow us to thank you for all your help and support, no matter how small or large.

Presentation Day 2013

At the end of the year we are holding two presentation day ceremonies on

Wednesday 11 of December,

The Years 3—6 ceremony is at 10.00 am and the K—2 ceremony is at 11.45 am, approx. For those parents who would like to attend both presentations, there will be morning tea between the ceremonies.

Please mark the date on your calendar...

Work health and safety consultation and issue resolution

New [WHS Consultation Procedures](#) and [WHS Issue Resolution Procedures](#) have been published by the Department. These procedures have been developed following extensive consultation with a range of key stakeholders to implement the provisions of the WHS Act 2011 in relation to consultation and issue resolution.

Workplaces are asked to move to new consultation arrangements by the end of Term 1 2014. A considered and planned approach to the implementation of these procedures is recommended.

For staff at WPS, this will mean new risk assessment and management procedures. We will be working through this as Term 1 , 2014 progresses.

Regards
Mrs Butler

Office News

Due to the DEC end of year financial rollover there will be no eftpos and payment facilities from 25 November to 2nd December. Cash payments will be accepted but will not be receipted until 3 December.

Thank you

KIDS AT SEA

Please remember to pick up your photo and DVD orders from the office.

ADULTS ONLY TO PICK UP

Preschool

Thank you to one of our 2 – Day parents who donated a new camera for us to use! We really appreciate your kindness.

Preschool Concerts

Our Christmas concerts are fast approaching and will be held on **Tuesday 3 December (3 Day) and Thursday 5 December (2 Day)** in the school hall. Please ensure that your child is at preschool by 9.00 am to allow staff to dress each child in their costumes. Party food should be dropped at the preschool at this time also. We can't wait to see everyone there and the children are very excited!

Christmas Hamper Raffle



**We are looking for
donations for the Christmas
Hampers.**

**See the list of ideas.
Please place in the box
outside the canteen.
Thank You For Your Support**

Year 6 Ice Cream Days

Year 6 will be holding a fund raiser on **Friday November 15, 22, 29 and Friday December 6 and 13** to raise money for the Year 6 gift to the school. The children will be selling ice creams for \$1.00 each on Fridays at lunch time.

Thanks for your support!



Some Hamper Donation Ideas

PRESCHOOL Coffee Tea Coco Herbal Tea Christmas Cake Shortbread	KINDERGARTEN Savoury Biscuits Sweet Biscuits Muesli Bars Lollies Dip Biscuits Chips Popcorn	YEAR 1 Minced Pies Nibbles – nuts, rice crackers, pretzels etc. Cake Mix Pancake/Pikelet Mix Christmas Puddings Muffin Mix
YEARS 2 Noodles Pasta Sauces – Tomato, BBQ, Apple, Mint etc. Pesto Mayonnaise Salad Dressings Tomato Paste	YEAR 3 Spreads – Vegemite, Peanut Butter etc. Gravy Powder Stock –Chicken, Beef, Veg. Jams and Conserves Pickles/Chutney Marinades	YEAR 4 Tinned Food – Fruit and Veg Tinned Tuna etc. Baked Beans etc. Pasta Sauce Foil Cling Wrap Baking Paper
YEAR 5 Bon Bons Wrapping Paper Sticky Tape Wrapping Decorations Christmas Decorations Napkins	YEAR 6 Soft Drink Juice Cordial Apple Cider Soda Water Sunscreen Aeroguard	Anything that would help for Christmas Lunch or feed the kids during the holidays. <p style="text-align: center;">Merry Christmas and Thank You From the P&C</p>



Twilight Concert

Friday 13 December

5.00 pm-7.30 pm

Christmas Gift Stalls

Raffle Draw

Carols and Santa

BBQ and Drinks

NB: You can pre-order your sausage sandwich and drinks. Please see the form in the bulletin.

**Dear Members
Please Join Us**



Waratah Public School P&C

For an end of year celebration!

Monday 2nd December

Drinks at 6:00 p.m.

Dinner at 6.30 p.m.

The Swill and Grill

The Stag and Hunter Hotel

187 Maitland Road

Mayfield

CANTEEN ROSTER

Thursday	21 November	J Sparks K Baldwin
Friday	22 November	S Niblett R Baird
Monday	25 November	A Benton
Tuesday	26 November	K Ellis
Wednesday	27 November	J Gee



**PROUD SUPPORTERS OF
WARATAH PUBLIC SCHOOL**

KINDERGARTEN AND PRESCHOOL ENROLMENTS ARE NOW BEING TAKEN FOR 2014

Please contact the school office for an application form

Children must turn 5 before 31 July the year they are attending
Kindergarten

Children must turn 4 before 31 July the year they are attending
Preschool

INSIGHTS

by Michael Grose—Australia's leading parenting educator

Getting children to help without paying them a cent

Children generally belong to their families in two ways— either through positive contribution or through self-centredness, which often shows itself through misbehaviour or helplessness.

Effective parents provide real opportunities for children to contribute to their family's and their own well-being so they feel valued for what they bring to the family, rather than what they can take. We often call this contribution 'jobs' or 'chores', but it is better to call it 'help'. It is just a little rebranding, but the term 'help' better reflects what it is about.

"What does my child do around the house that other people rely upon?" is a question we need to ask ourselves constantly.

Training for contribution and independence starts from a young age and continues into adolescence. Developmentally, children are ready around two years of age to learn the skills of independence so it makes sense to begin these habits early.

Encouraging a positive contribution is one of the best ways to promote self-confidence. Parents who teach children to do jobs for themselves and provide opportunities for input into family decisions related to age, issue and interest send a powerful message that they believe that their children are capable. Actions speak louder than words.

Children are capable of doing complex tasks if we show them how. It is useful to break complex jobs into simple tasks. For instance, a young child can begin making a bed by arranging teddies and pillows, progressing to smoothing out a doona and so on.

Children will often make mistakes when they assume greater responsibility so expectations need to be in line with children's capabilities. Parents need to accept their genuine efforts and also be supportive when they make mistakes.

It is difficult sometimes to know when to allow children to assume more responsibility for their own well-being. Parents need to continuously assess their children's capabilities and consider letting go when they appear ready. "What am I doing now that my child can do for themselves?" is a challenging question for many parents.

The most effective way to promote responsibility in children is to give them responsibility. When we give them more responsibility we are making ourselves redundant, which is the main aim of parenting!

Try this... Putting it into practice

To give children the opportunity to contribute at home:

1. Establish a weekly **HELP roster**. Lists have the advantage of placing responsibility on to children to perform the helping task – without you reminding them. Involve your children in establishing the roster.
2. Think about what you are doing for children regularly that they can **do for themselves**. Identify one thing and give that responsibility to your children.
3. Ask children to make, prepare or help you make at least one evening or main **meal** a week.
4. Identify a helping task (e.g emptying the dishwasher, taking out the garbage) where your children can take turns being **The BOSS** for a week. They can make up the rules for that week about how the task is organised.

Term 4 Calendar 2013

T4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7	18 November Jerral Puppets Preschool All Library Books due Intensive Swimming	19 November Waratah High School Open Afternoon 4pm- 5.15pm Intensive Swimming	20 November Intensive Swimming	21 November Jerral Puppets Preschool Intensive Swimming	22 November Intensive Swimming
8	25 November DEC end of year financial rollover (no eftpos and payment facilities at office)	26 November DEC end of year financial rollover (no eftpos and payment facilities at office)	27 November School Disco P-6 –See note DEC end of year financial rollover (no eftpos and payment facilities at office)	28 November DEC end of year financial rollover (no eftpos and payment facilities at office)	29 November Thank you Morning tea 10.30—11.30 DEC end of year financial rollover (no eftpos and payment facilities at office)
9	2 December P&C Dinner DEC end of year financial rollover (no eftpos and payment facilities at office)	3 December Canteen student Christmas lunch Preschool Christmas Concert	4 December Scripture service In the hall 9.15 Orientation Day at WTH for Year 6	5 December Pre-school Christmas Concert	6 December Whole School Assembly 11.30 am
10	9 December	10 December Rehearsals for presentation Day	<i>11 December</i> Presentation Day Years 3—6 10.00 am Years K—2 11.45 am Reports Go Home! Year 6 farewell	12 December	13 December Last Canteen Day St 2 Party Day Twilight Picnic 5.00—7.30
11	16 December K-2 Party day	17 December St 3 Party Day	18 December Students Last Day 2.30 Year 6 clap out	19 December SDD	20 December SDD

The simplest way

to create a healthier breakfast

Choose these simple, tasty options for your child's brekkie to give them the energy to get through the day.

When you make their breakfast tomorrow, have a think about healthier alternatives.



Breakfast	Healthier
White toast with vegemite	Wholemeal toast with avocado
Flavoured milk	Fruit smoothie with frozen raspberries, honey + reduced fat milk + yoghurt
Rice bubbles	Porridge topped with banana + honey

For more information visit
www.eatittobeatit.com.au
 or join us at facebook.com/eatittobeatit

Eat It To Beat It

The simplest way

to create a delicious spring meal

This easy and delicious vegetable frittata can be enjoyed hot for dinner, and cold the next day in your kids' lunch boxes!

Ingredients :

- 1/3 cup pasta (penne/bowties/risoni)
- 100g mushrooms, sliced
- 1 medium onion, chopped
- 1 tbsp olive oil
- 1 medium tomato, chopped
- 6 eggs, whisked
- 1 medium zucchini, sliced thinly
- 2 tbsp parsley

Method

1. Preheat oven to 180°C. Grease 20cm cake pan.
2. Boil pasta in water until tender. Drain.
3. Heat oil in large frying pan, cook onion, zucchini and mushrooms until just tender.
4. Combine all ingredients in large bowl. Mix well.
5. Pour mixture into prepared pan, bake for 45min.
6. (Serves 4).



For more information visit
www.eatittobeatit.com.au
 or join us at facebook.com/eatittobeatit

Eat It To Beat It

CHRISTMAS FEAST

The Canteens last special lunch for the year is 'Christmas Roast' on **Tuesday 3 December**.

Lunch will consist of roast potato, chicken, peas and gravy, drink, dessert and treats.

Cost \$7.00

If you would like to order please send in order form and money to canteen **NO LATER THAN FRIDAY 29 NOVEMBER - NO OTHER HOT FOOD WILL BE AVAILABLE ON THIS DAY**

NAME _____ CLASS _____

PLEASE TICK YOUR CHOICES

- | | | |
|--------------------------------------|---------------------------------------|--|
| <input type="checkbox"/> POTATO | <input type="checkbox"/> CHICKEN | <input type="checkbox"/> JELLY WITH M&MS |
| <input type="checkbox"/> PEAS | <input type="checkbox"/> GRAVY | <input type="checkbox"/> LOLLY TREAT |
| <input type="checkbox"/> APPLE JUICE | <input type="checkbox"/> ORANGE JUICE | <input type="checkbox"/> GIFT |
| <input type="checkbox"/> WATER | | |

✂

2013 Twilight Concert Friday December 13

Sausage Sizzle Order Form

Name _____ Class _____

Contact Number(s) _____

_____ Sausage Sandwiches @ 2.50 each

Total \$ _____

_____ Drinks @ \$2 each

Total \$ _____

Order Total \$ _____

Please place your order and money in the P&C Post Box in the office foyer by

Wednesday 11 Dec 2013

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Twilight Picnic Helpers

We are looking for volunteers to help at the Twilight Concert on Friday 13 December. The stalls run from 5.00 pm until 6.15 pm. We would appreciate any time you can give.

Money raised will go to equipment for the kids.

Name _____ Phone _____

I can help on the

- | | | |
|--------------------------------------|--|--|
| <input type="checkbox"/> Gift Stalls | <input type="checkbox"/> BBQ | <input type="checkbox"/> Drinks Stall |
| <input type="checkbox"/> Raffle | <input type="checkbox"/> Setup (2pm—5pm) | <input type="checkbox"/> Hamper Wrapping |

Please place in the P&C box in the office foyer

Call Anne for more details 49688817

Thank you for your support