Wonderful Happenings at Wenty!

125th Celebration! What a great day!

Last week was a tremendous culmination of hard work from the 125th organising committee and a real celebration of 125 years of Public Education at Wentworthville Public School. Thank you to all the community members who joined us on the day and shared in the event. Thank you to the P&C for the student sausage sizzle and enduring patiently under challenging windy weather conditions!

I was very proud of the student leaders who conducted the assembly and operated school tours and for the students who brought us various creative arts events as people arrived and during the assembly. I have included excerpts from my speech below from our assembly last week.

Introduction and Welcome

Welcome teachers, students, parents and friends of Wentworthville! What a fabulous day to be gathered to celebrate 125 years of Public Education in this community. As one of our Kids Matter posters says, and I think it sums up things in a really wonderful way, ‘Every Face Has a Place’ here at Wentworthville Public School.

I want to recognise and acknowledge the unique position of Aboriginal and Torres Strait Islander Peoples in Australia’s culture and history; including as the first owners of the land and waters.

I wish to acknowledge the Darug people on whose land we meet today. I pay my respects to their Elders past and present, and also to all Aboriginal and Torres Strait Islander Peoples here today.

A day like today does not just happen overnight. A band of hard working staff have contributed to bringing today together and I would like to acknowledge them. Would the 125th organising committee please stand.............
I turn now to a most delightful handwritten letter I received this week from an ex student – Lucie Watson –née Young, now in her late eighties or early nineties living with her daughter in Townsville, who sends her apologies.

Lucie says…”what a milestone to be proud of – to all past and present student, staff and all who have taken care of this great old school of ours, Fullagar Road Wentworthville and attaining one hundred and twenty five years. Like many, I was proud to be a pupil at this school from 1933 until my transfer to Parramatta Domestic School Science.”

What a wonderful testimony from a past student.

In preparing for today I wanted to get a sense of what was happening in 1891 in Australia… I have found the following events in 1891:

- 1891 Constitutional convention was held in Sydney to consider a draft document for the Federation of Australia that later occurred in 1901 (some 10 years later).
- In 1891 wool was one of the largest industries for Australia and Sheep Shearers worked hard to improve their conditions.
- The poem - 'In the Droving Days' by Banjo Paterson was written
- Australian Rules Football and Cricket were two main sports that people played
- In 1891 from the Census - Population in Australia: 3, 174, 392
- In 1891 from the Census - Population in Sydney: 1,123,954

Strong partnerships between a school, the teachers, parents and the wider community are all qualities of a positively engaged school. This was a quality of Wentworthville right back when the local community were seeking an establishment of a school on our site today in 1890 where the local families and community worked tirelessly to establish a school in 1891. The site we are on today was purchased some 126 years ago and opened officially on Monday January 19, 1891!

Harvey Murray was the first teacher at Wentworthville Public School and the school had 17 children enrolled in its first week. It grew to 22 after a month and rose to 31 by the end of that year. As the years passed Wentworthville Public School continued to grow with various teachers and principals teaching the children.

As we project forward to today, we work alongside in partnership with our P&C, families and the wider community as we continue to grow in student numbers. The first P&C Association was formed in 1920. All these energies we engage in as a school community, all the energies and opportunities we provide, all have the common bond of improving student outcomes and making a positive contribution to student learning and to ensure the students are equipped for a future life as a global citizen!

One of the most rewarding jobs is being a teacher! The combination of a great teacher and an inspiring school environment is ‘perhaps one of the most powerful agents of social mobility society possesses’ as indicated in an educational leadership journal article I read recently by Ben Waldon.
At Wentworthville Public School teachers working in partnership with families and the community have the great potential to change lives and transform communities! What a gift and honour. This I believe has been an ongoing theme and opportunity through the 125 years the school has been operating.

Conclusion

As I read through much of the history of Wentworthville and talk with ex-students and friends of Wentworthville, there is a common theme that people truly feel that Wentworthville Public School (or as we affectionately call the school, ‘Wenty’) holds a special place in people’s hearts and memories.

Children, I hope that you will remember your days at Wentworthville with pride, and delight in the future of saying, ‘I went to Wentworthville Public School’!

I am very proud to be the current principal of Wentworthville Public School and hope you, like me, will hold your time at Wentworthville with many fond memories.

Enjoy the day, take time to visit our memorabilia ‘Then and Now’ room, purchase an item or two from our memorabilia stall, have a chat, value spending time together and enjoy the official tours our student leaders will take you on.

Thank you.

Denise Lockrey
Principal

Kindergarten Enrolments for 2017

Our Kindergarten 2017 planning is well underway. If you haven’t yet enrolled your pre-schooler for Kindergarten 2017 at WPS, please collect an enrolment form from the office. You will need to bring with you originals of proof of residential address, birth certificate and immunisation records and any visa paperwork (if required).

If you have friends living in the area who have children of school starting age you might like to let them know it is time to sign up and enrol their children for school in 2017.
Forward planning for 2017 and class placement for 2017

We are busily planning in preparation for next year. In order to allow us to plan as effectively as possible, we would like those families who know that they won’t be returning to the school next year, to confirm these details as soon as possible. I have included a slip at the end of the newsletter for you to complete and send back to the front office if this scenario applies to you. Thank you for your anticipated co-operation with this matter.

Class placement for 2017 is a complex task in which staff invest a lot of time and effort. Parents are welcome to provide written information to Mrs Lockrey (The Principal) by Friday October 28, 2016 if there are specific needs you think should be taken into consideration about your child /children when considering class placements in 2017. Any information which is delivered to Mrs Lockrey after this date will unfortunately not be able to be considered in class placements for 2017. Consideration to social and emotional needs, academic ability and behaviour can be considered, but no guarantees can be made as staff make determinations which are in the best interest of all attempting to achieve a balance in each class. It is a difficult task which teachers weigh up very carefully.

Neighbours and parking

We have had a number of complaints from our neighbours recently regarding parents parking of vehicles illegally at drop off and pick up times around the school. One person even parked across one of our neighbour’s driveways, preventing them exiting their own home - very selfish!

Please respect our neighbours and be mindful of not breaking the road rules. There have been periodical spot Police checks around school times to ensure parents /carers are obeying the road rules.

Selective School Offers

Each year we have a number of students sit the selective High School test for entry the following year. In 2016 we had four Year 6 students have offers of placement and four reserve offers. Well done everyone who applied. The process is a highly competitive process and we are proud of all our students who participated.

Notes in Bags

1) Parent Enrichment Class Survey log in details note/reminder note – all students
2) 3 - 6T Holroyd Transition Note
3) Voluntary contribution letter – all students
Administration – new blue money collection box

Please note we have a new money collection box to assist families in depositing money for school events at the front office easily and efficiently. The Administration team can then receipt and process the moneys.

Parents can still pay over the counter directly to Admin personnel and we will also have the opportunity to pay online later in October (more communication to come). For this process to work effectively we need your cooperation.

Please ensure all payment envelopes have **correct money inside** and are clearly labelled in a secure envelope with your:

- Child’s full name
- Child’s class
- Event / excursion you are paying for **clearly labelled**

Thank you!

Regional Premier’s Spelling Bee at Darcy Road Public School

Congratulations to the four students who represented WPS in the Regional Premier's Spelling Bee at Darcy Road Public School.

Junior finalists - left to right:
**Baneet B** (4J) & **Pratham S** (4J)

Senior finalists - left to right:
**Tanya S** (5-6E) & **Naman M** (4-5S)

They all did well to reach this stage and performed admirably in school colours. Special mention to our senior finalists, Naman M and Tanya S, who finished in equal third place.

Mr Williams
Principal’s Awards

Term 3 Week 9
- Yashita KD
- Ephraim KD
- Viha KV
- Rhea KR
- Dwija KC

Term 3 Week 10
- Sruthi KO
- Rucha KO
- Anjali KO
- Tanay KO
- Sabiha KO
- Manav KO
- Netra KC
- Shrihan KO
- Gijen KC
- Jiya KC
- Joel KR
- Shriya KR
- Sharveya KCO
- Vidhi KO
- Nimesh KO
Dear Mrs Lockrey,

My child/ children will not be returning to Wentworthville Public School in 2017. We are moving to…………………………………………………………and will be going to …………………………………………………………………………………………………..School in 2017.

Student Names:

1. .............................................. Class in 2016..............
2. .............................................. Class in 2016..............
3. .............................................. Class in 2016..............
4. .............................................. Class in 2016..............

Please return to office as soon as possible to assist in our forward planning.

Thank you for your assistance.
Mrs Lockrey
Parramatta High School

Open Night

Wednesday 19 October 2016
Commencing in the School Library
5pm School Tour

An information session for parents of students in the 2017 Selective Classes, and parents of students in Year 5 seeking placement in 2018

Contact the school on 9635 8644 for further details, or visit the school website www.parramatta-h.schools.nsw.edu.au

Parramatta High School
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<td>Life Education Kindergarten 2017 Parent Information Sessions 9.30-10.30am And 6-7pm</td>
<td>Life Education Stewart House bag collection</td>
<td>Life Education Newsletter</td>
<td>Life Education Kindergarten 2016 - Cumberland Reading Day 10-11am</td>
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<td>Kindergarten Orientation Session 1 (9.30-10.30am)</td>
<td>Kindergarten Orientation Session 2 (9.30-10.30am)</td>
<td>Year 2 Excursion - Old School House Ryde</td>
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<td>K-2 ‘Wenty’s got talent’ 9.55-10.55am</td>
<td>Newsletter</td>
<td>Kindergarten Orientation Session 3 (1.30-2.30pm)</td>
<td>Choir performing at Happy Club</td>
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<td>3-6 ‘Wenty’s got talent’ 9.55-10.55am</td>
<td>Last SRE lessons for Protestant and RC classes</td>
<td>Parent Session ‘Wenty’s got talent’ 9.30-10.45am</td>
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<td>Year 6 Farewell</td>
<td>SRE Christmas Assembly Thank you Morning Tea</td>
<td>Newsletter P&amp;C meeting Time TBA</td>
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**2017 Dates**

- Friday January 27 - Staff Development Day *(No students)*
  - Monday January 30 - Students Years 1-6 arrive
- Monday January 30 - Wednesday Feb 1 - Kindergarten Best Start Interviews
  - Thursday February 2 - Kindergarten cohort start 9.15am
10 ways to promote good mental health & wellbeing in kids

This year make mental health a parenting priority. Kids with good mental health feel better, learn better and are better equipped to handle life’s curve balls.

1. Model good mental health habits
   If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It’s worth remembering that kids learn what they live, so make sure you set good mental health habits first hand.

2. Make sure they get enough sleep
   Sleep is one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well.
   Children need between 10 and 12 hours’ sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids’ abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. Encourage your kids to exercise
   When my mum would tell me all those years ago to turn the television off and go outside and play, she didn’t know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?

4. Encourage creative outlets
   Kids should practise creativity if for no other reason than it helps them experience the state of ‘flow’. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creative thinkers understand the concept of flow. It’s energising and helps take stressed and worried kids out of themselves.


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Provide a space of their own
Children of all ages benefit from having some space of their own where they can think. Quiet time and downtime give boys the chance to let their thoughts wander around inside their heads. It also helps them get to know and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

Talk about their troubles
A problem shared is a problem halved. Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiety. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse.

If your child has a problem let him know that his concerns are important to you. Kids often can’t tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

Help them relax
Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children have real difficulty switching off, and benefit from practising meditation or mindfulness, but most kids just need time to chill out to enjoy the peace and quiet normally only found in their own company.

Have two routines – weekday and weekend
Most households are pretty highly scheduled these days. There are routines for getting up, coming home, eating meals and going to bed. These structures are necessary when we’re busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind. It’s important to have this receptive if families are not cut out busy during the week.

Foster volunteering and helpfulness
Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

Bring fun and playfulness into their lives
Kids should be the kings and queens of play; however, some children live such a full, organised life that much of the natural fun and spontaneity has been stripped from their everyday life. Mud-kicking around, which is code for having fun, is something many children of this generation don’t have time for. If you see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways to have some fun.

These ideas are basically common sense. However, as kids’ lives get busier these essentials get squeezed out. Here’s my recommendation to ensure that mental health habits aren’t overlooked or neglected.

First, see these habits as the building blocks of mental health. Don’t ignore or trivialise them. Talk to your children and tie these activities to their mental health. Do this in your own way and in your own time.

Second, assess which of these habits need your attention and make some adjustments over time to push the pendulum back in favour of your child’s mental health.