



Public School



Principal's Message

Talk about well-travelled students. This is *the* term for excursions! Last week our Year 4 students enjoyed the great outdoors at the Yarrahapinni Youth Centre. Reports were that the few days away were top fun! Thank you to Mr Lollback, Mrs Ellem, Mrs Johnson and Mrs Trevillian for looking after all our wonderful students and for ensuring they had an exciting and adventurous time.

Yesterday students headed along the Pacific Highway both north and south. Year 5 is spending the week at Lake Ainsworth and Year 6 in Canberra. How fortunate our students are to have such an extensive excursion program available to them. Collectively they will have travelled over 2,500 kms and experienced everything from Parliament House to a horizontal bungee run!

Thank you to Mrs Adams, Mr Bell, Mr Ogilvy, Mrs Williams, Ms Gordon, Mrs Hadley and Mr Pereira for making excursion magic happen for our senior students. A special thank you to Mrs Taylor who has spent many an hour booking venues and transport and managing all the financial side and logistics of moving hundreds of students around the state. We certainly have an extremely efficient, cohesive and caring team at WPS.

A huge thank you to our wonderful P&C (and all those who support its fundraising) for our new kindergarten furniture delivered yesterday. We truly appreciate the generous legacy the P&C leaves for both our current and future students.

Kind Regards,

Sandra

PARENTING TIPS FROM MICHAEL GROSE

"Have you ever said something like this to one of your kids? *"If you eat all your dinner up, I'll let you use my iPad for five minutes."*

Most kids under the age of ten would empty their plate in an instant with that sort of carrot dangled in their face. But it's a tricky game you play when you start to do deals with kids to win their cooperation. For a start, you need to be prepared to raise the stakes as the novelty of five minutes of iPad use will soon wear off.

This would also mean you need to be prepared to keep dealing with your kids, as they soon learn that if they hang out long enough, Mum/Dad or whoever will offer me a juicy enticement to win my favours.

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You get what you negotiate

Keep doing deals with kids enough and they learn that they get what you negotiate. That's fine in the business-world, but hard work in families.

I've seen mums who deal with kids because they just want peace and quickly. I've also seen dads deal with their kids because they simply enjoy negotiating. They see it as a game. That's hard work for their partner who doesn't use those methods.

Kids who do deals

Sometimes it's kids who do the negotiating. "You want me to go to bed at 8.00pm do you? Well I'll go to bed at 8 o'clock if I can have a TV in my room" says a born negotiator.

It takes a savvy parent to say, "Actually, no. That's not going to happen." Sometimes we become involved in child-initiated deals before we're even aware it's happening. Again kids can take advantage of busy, tired or time-poor parents.

The last resort

If doing deals with kids to get cooperation is a strategy you use then it should be a strategy of last resort (*to use when your mother comes to visit; when you are dog-tired; or when you want a cosy Sunday morning in bed*), not the first one you use when you want your kids to behave well.

Here are 5 alternatives to 'doing deals' with kids:

1. ***Catch them doing the right thing:*** Make a bit of a fuss when your kids behave as you want. Tell your face that you are pleased with your kids so it lights up, and kids get to notice you are happy with their behaviour. This is based on the premise that parent recognition ("Mum/Dad is happy with me") is a high driver for many kids.
2. ***Reward them after the behaviour you want:*** Avoid saying, "If you behave well on our shopping trip I'll buy you a matchbox car." This is bribery, which is tied up with the art of dealing. Instead, show your appreciation with a treat

after they have behaved well. The order of events makes a huge difference!

3. ***Manage like a cat:*** There are times when a child or teen needs to know that "No means no" rather than "No is just a suggestion". A message delivered with firm body language, a still head and a clear, flat voice without intonation indicates to a child or teen that you are serious and that no further communication is to be entered into. This non-verbal communication is quite cat-like, thus the cat metaphor for parent credibility.
4. ***Let consequences be your friend:*** Let your actions, or lack of action, do the talking. Rather than negotiating with kids to pack their toys away, put toys that are left around into the 'mystery bin' for a time. You may need to hold firm to a tantrum when you use this method, but hang tough so your child sees that you really mean what you say and do.
5. ***Focus on you, not them:*** Want them to go bed on time? Then start reading their bedtime story at the agreed time whether they are there or not. (This works well if your child is a reader! Not so good if your child isn't interested in books. It's the principle that counts). Resist calls for 'that's not fair!' as not being in bed at an agreed time is not fair on you either! The simple shift from telling them what to do to telling them what you will do makes a massive difference particularly when you have a child who doesn't like to be told what to do.

Nothing works all the time so smart parents know they need to have a number of different strategies at their disposal when they want cooperation from their kids. They also have a hierarchy of responses that places 'making deals with kids' their last resort, rather than their first option.

In fact, it may be best to leave doing deals out of your parenting armoury altogether and focus on using other communications methods instead."

Year 4 Camp

Last week Year 4 had their camp at Yarrahapinni Adventist Youth Centre. It is a centre for Education, Health, and Lifestyle. Yarrahapinni is located 30 minutes North of Kempsey and 60 minutes South of Coffs Harbour on the NSW Mid-North Coast. It is set on 75 acres of pristine rainforest and bushland situated directly on the beautiful Grassy Head Beach.

These are just a few of the things our students experienced.

Nature Walks - We explored the natural beauty the area had to offer from the long and sandy beaches to the great rain-forest bush walks.

Horizontal Bungee Run - Students raced against the force of an elastic cord. They had to see how far they could go to place a velcro marker along the raceway to record a score. They then had to shoot a basketball into a net, the closer they went to the net, the more tension on their elastic which was pulling them in the opposite direction.

Waterslide - Our students were understandably excited to find a waterslide winding through the bush. It is a single tube waterslide which was certainly a favourite for the kids.

The Nature Centre - Here, the students were able to view and examine wildlife up-close with interactive exhibits, hand-painted dioramas, and mounted specimens. Some of these included fish, reptiles, insects and spiders.

Challenge Course - The students completed several challenging obstacles set in the rainforest. Some were individual while others required teamwork. There were balancing, crawling, climbing, ropes and tyre challenges involved. The objectives of the Challenge Course was to build co-operation, teamwork and communication skills.

Flying Fox - The Flying Fox, also known as Zip Line, is Yarrahapinni's famous activity for fun and thrill. Students were harnessed and attached with a truck on a wire rope with the help of a guide at the higher end, then free fell on that wire rope to the bottom. This was an exhilarating and unique aerial journey for all who participated.

All the staff are extremely proud of the behaviour of all our students. We received many compliments from staff at the centre. A huge thank you to Chris Komoto and Rebecca Blanch for volunteering to help out at the camp and to Ms Bella and Mr Lollback for accompanying Year 4.

Library News

If all library books could be returned over the next week that would be fantastic! Borrowing has finished for the year. Thank you to everyone for your assistance in looking for lost books at home. Stocktake has commenced this week and hopefully any books that have not been found will pop up then. I will send home notes next week of books that are still outstanding.

Don't forget our wonderful Clarence Regional Library for your holiday reading!

Happy Reading.

Mrs Palmer

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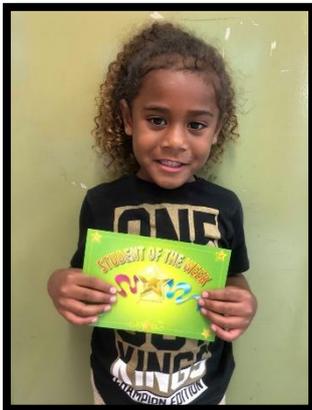
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FUN AT THE YEAR 4 CAMP



Students of the Week – Week 5 and 6

Eroni – KG



Keegan – 4J



Zac – 4E



Oscar – 4E



Ted - presented with the Newcastle Permanent Building Society Maths Award



CANTEEN ROSTER

Wed 27 November	Debra Watts, Shane Masters, Christine Cowan
Thurs 28 November	Sue Ulrick, Campbell Timmins, Debra Watts
Fri 29 November	Shelly Thompson, Anita McLennan, Belinda Bowling, Kristie Colling
Mon 2 December	Michelle Howard, Diane Moran
Tues 3 December	Debra Watts, Liz Hamlin, Belinda Bowling
Wed 4 December	Ann Finn, Angie Miller, Debra Watts
Thurs 5 December	Debra Watts, Sharon Robertson
Fri 6 December	Shelly Thompson, Jan Tucker
Mon 9 December	Campbell Timmins, Michelle Howard
Tues 10 December	Debra Watts, Katie Kershaw, Christine Cowan

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DIARY DATES

Week 7

Mon 25 – Fri 29 November Year 2 Intensive Swimming

Year 6 Excursion to Canberra

Year 5 Lake Ainsworth Excursion

Tues 26 November Half Day Taster Day at SGHS

Fri 29 November Kinder Orientation

Week 8

Mon 2 December GHS 2020 Orientation Day

Tues 3 December Special Award Assembly

Thurs 5-Fri 6 December Year 3 Camp to Coffs Beach School

Week 9

Tues 10 December Presentation Day

Primary Disco

Wed 11 December Canteen and P&C Meeting

Fri 13 December Reports go home

Carols Night

Week 10

Mon 16 Dec Saraton – End of year treat day

Tues 17 Dec Infants disco

Year 6 Farewell

Wed 18 Dec Students last day

2020

Wed 29 January Students return to school for 2020