Westlawn Public School Newsletter
Term 2 Week 1
30th April 2019

Message from the Principal

It is with great excitement that I begin in my role as Principal of Westlawn Public School. Our school is a wonderful place of learning and I look forward to getting to know the students, staff and community as the school year progresses.

I would like to acknowledge the excellent job Mrs Ellis has done in relieving as Principal over the past 2 ½ years. We are most fortunate to have leadership of Mrs Ellis’s calibre at Westlawn Public. Mrs Ellis will continue in her relieving role as Principal this week as I complete my tenure as relieving Director, Educational Leadership.

You will notice a new section from Michael Grose in this newsletter edition. Michael is founder of ‘Parenting Ideas’ and is one of Australia’s leading parenting educators. He’s the author of ten books for parents including ‘Thriving!’ and the best-selling ‘Why First Borns Rule the World and Last Borns Want to Change It’ and his latest release ‘Spoonfed Generation: How to raise independent children’. If this feature proves to be a popular one, we will make it a regular item.

Kind Regards,
Sandra
Principal

P&C Meeting and Canteen Meeting

Our next Canteen and P&C Meeting is on Wednesday 8 May at 6pm in the Meeting Room. We welcome parents being involved in the school. Please come along and meet the committee and other P&C members, and be part of a group of parents who make a great contribution to the school.

ANZAC March

Our school was very well represented at the ANZAC Day March in Grafton with many of our students attending and marching proudly behind our banner. We are very proud of our school for its strong tradition of supporting this community event. Thanks to Ms Adams for coordinating the speech presented by our school captain, Shanae Crispin. Shanae was a wonderful representative for our school. Thank you also to the students, parents and staff who attended the march in the school holidays. Our school ANZAC service will be held tomorrow.

Easter Hat Parade and P&C Raffle

The Easter Hat Parade and the P&C Easter Raffle were held on the last day of Term 1 and were both highly successful events. A very large crowd of visitors enjoyed watching the children proudly parade around with huge...
smiles and decked out in their finest creative Easter hats. Thanks to our families for supporting the raffle with loads of Easter eggs donated as prizes and for selling so many raffle tickets. Over 60 prizes were given out on the day! Our thanks to Anita McLennan and Kelly Marscham for organising the raffle, and thanks to Mrs Casserly and Mrs Alford for organising the parade. The P&C Easter raffle raised just over $2 750. All money raised by the P&C benefits our students in so many ways.

**Mothers Day Stall**
Our P&C Mothers Day Stall is next week on Thursday 9 May. Amy Freeman and her helpers have been busy preparing and organising gifts for children to buy for their mothers or the special lady in their lives.

**Sporting News**

**Westlawn Cross Country Results**

Our cross country carnival was held on the last Tuesday of Term 1. A big thank you to Mr Bell for organising and running the day. Students who finished in the first 6 in their race will now progress to the Clarence Cross Country Carnival to be held at Junction Hill on Tuesday 7 May.

Below are the first 6 over the line from each race:

<table>
<thead>
<tr>
<th>8/9 Years - Boys</th>
<th>8/9 Years - Girls</th>
<th>10 Years - Boys</th>
<th>10 Years - Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Riley</td>
<td>Ruby</td>
<td>Chase</td>
<td>Ashlea</td>
</tr>
<tr>
<td>Taj</td>
<td>Tara</td>
<td>Aiden</td>
<td>Mollie</td>
</tr>
<tr>
<td>Cooper</td>
<td>Grace</td>
<td>Bohdi</td>
<td>Summah</td>
</tr>
<tr>
<td>Ashton</td>
<td>Sasha</td>
<td>Ethan</td>
<td>Poppy</td>
</tr>
<tr>
<td>Thomas</td>
<td>Elsie</td>
<td>Mason</td>
<td>Romy</td>
</tr>
<tr>
<td>Taj</td>
<td>Lily</td>
<td>Billy</td>
<td>Mia</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>11 Years - Boys</th>
<th>11 Years - Girls</th>
<th>12/13 Years - Boys</th>
<th>12/13 Years - Girls</th>
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</thead>
<tbody>
<tr>
<td>Orlando</td>
<td>Shanae</td>
<td>Ryder</td>
<td>Breanna</td>
</tr>
<tr>
<td>Bryce</td>
<td>Adelaide</td>
<td>Zane</td>
<td>Lily</td>
</tr>
<tr>
<td>Chad</td>
<td>Heidi</td>
<td>Ted</td>
<td>Alice</td>
</tr>
<tr>
<td>Jayden</td>
<td>Isabella</td>
<td>Seth</td>
<td>Eliza</td>
</tr>
<tr>
<td>Brock</td>
<td>Cara</td>
<td>Deon</td>
<td>Steffani</td>
</tr>
<tr>
<td>Nate</td>
<td>Ciana</td>
<td>Riley</td>
<td>Lucie</td>
</tr>
</tbody>
</table>
NSWPSSA Swimming Championships Results

Mia, Lily, Riley and Sunny travelled to Sydney to compete in the NSWPSSA Swimming Championships at the Sydney International Aquatic Centre at the end of last term.

Riley competed in the Junior Girls 50m breaststroke. She swam a personal best time of 49.47s to finish 25th out of 40 competitors. An incredible result!

Mia, Lily, Riley and Sunny competed in the junior girls relay. The girls were disqualified for an early break but swam exceptionally well. What an experience just to be at the Sydney Olympic Park Aquatic Centre and competing at a state level. Wow! We are extremely proud of our swimmers and their amazing achievements this year. Huge congratulations to you all.

Clarence Netball Trials

Shanae, Eliza, Lanaia, Sophie, Ruby, Cara, Grace and Summah will trial for selection in the Clarence Netball team here at Westlawn PS tomorrow. Good luck girls!

NC Hockey Trials

Best of luck to Kade, Reece, Hayden, Eliza, Shani, Shanae, Alice, Lily and Isabella who will play for their MNC Hockey teams at the North Coast Hockey trials to be held in Grafton this Friday.

Sporting dates to remember – plan ahead!

Clarence Cross Country Carnival will be held on Tuesday 7 May (T2, W2) at Junction Hill for those who have qualified.

Diary Dates

Term 2
Week 1
Tues 30 Apr
Students return
Wed 1 May
Clarence Netball trials at Westlawn PS 9:30 am -11 am
Week 2
Tues 7 May
CSI
Clarence Cross Country Junction Hill
Wed 8 May
6:00pm Canteen and P&C Meeting
Thurs 9 May
Mothers Day stall
Fri 10 May
Mothers Day stall

Canteen Roster

WEDNESDAY 1ST MAY
Chrystal Norris, Debra Watts, Rhi Cochrane

THURSDAY 2ND MAY
Debra Watts, Campbell Kenneally

FRIDAY 3RD MAY
Shelly Thompson, Anita McLennan

MONDAY 6TH MAY
Jacinda Fletcher, Kristy Wiegold

TUESDAY 7TH MAY
Debra Watts, Liz Hamlin
**Canteen** – If any parents are available to volunteer in the canteen on Mondays could you please contact the school office or the Canteen Manager on 0459 944 716.

### Term 1 Award Recipients

<table>
<thead>
<tr>
<th>TEACHERS</th>
<th>BRONZE</th>
<th>SILVER</th>
<th>GOLD</th>
<th>DIAMOND</th>
<th>PRINCIPAL</th>
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<tbody>
<tr>
<td>Benjamin 1R</td>
<td>Bailey 3/4T</td>
<td>Trinity 3/4T</td>
<td>Jacob 6P</td>
<td>Lachlan 6W</td>
<td>Shani 6W</td>
</tr>
<tr>
<td>Josh 1R</td>
<td>Aquilla 1/2C</td>
<td>Lucy 4J</td>
<td>Arnez 6P</td>
<td>Lucie 6H</td>
<td>Blake 6H</td>
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<tr>
<td>Indiara 1R</td>
<td>Charlee 3S</td>
<td>Katie 4J</td>
<td>Ethan 4/5O</td>
<td>Blake 6H</td>
<td>Lachlan 6P</td>
</tr>
<tr>
<td>Violet 1R</td>
<td>Joe 2L</td>
<td>Paetyl 4J</td>
<td>Riley 6W</td>
<td>Savannah 6H</td>
<td>Shanae 6H</td>
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<tr>
<td>Aleeya 1R</td>
<td>Seth 3S</td>
<td>Frazer 5A</td>
<td>Dustin 6H</td>
<td>Charlee 6H</td>
<td></td>
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<tr>
<td>Tennyson 1/2C</td>
<td>Toby 3S</td>
<td>Laquesha 5A</td>
<td>Deon 6H</td>
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<td></td>
<td></td>
<td>Montana 5A</td>
<td>Scott 6W</td>
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<td></td>
<td></td>
<td>Lincoln 3/4T</td>
<td>Ciana 4/5O</td>
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<td></td>
<td></td>
<td>Taylor 3/4T</td>
<td>Tara 4J</td>
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<td></td>
<td></td>
<td>Layla 4E</td>
<td>Jaimee 5A</td>
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<td></td>
<td></td>
<td>Ezra 4E</td>
<td>Jorja 5A</td>
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<td></td>
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<td>Landen 4E</td>
<td>Grace 5A</td>
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<td>Clair 4E</td>
<td>Logan 6H</td>
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<td>Alexander 6H</td>
<td>Sam 6H</td>
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<td>Rheo 3M</td>
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<td></td>
<td></td>
<td>Sophie 3/4T</td>
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</tbody>
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### School Spirit Award Recipient

**Makayla 6H**
PARENTING IDEAS from Michael Grose

TALENT OR PERSISTENCE - WHICH WOULD YOU CHOOSE FOR YOUR CHILD?"

I often ask this question at my parenting seminars and the responses are fascinating. Parents naturally want both. Sorry, but that’s not an option.

When pushed most parents choose talent over persistence, which in many ways reflects the current thinking around achievement. Intelligence, sporting prowess and ability in whatever it is we value will only get a child or young person so far. Talent is purely potential. They need more than this to achieve sustained excellence in anything they do. It is the character traits of hard work combined with their ability to stick at a task and see it through that makes all the difference.

Character matters

Cognitive skills by themselves aren’t enough for children to succeed over the long journey. Many recent studies have found that character not cognitive ability is the single most reliable determinant of how a person’s life will turn out. These traits include the inclination to persist at a boring task (grit), the ability to delay gratification (self-control) and the tendency to follow through with a plan (conscientiousness), which are invaluable traits at school, in the workplace and in life in general.

Character works as an indicator of success when it’s seen as a set of strengths and personality traits rather than personal values such as loyalty, tolerance or forgiveness.

Character is forged under difficulty

The key character traits of grit, self-control and conscientiousness are forged under hardship and duress. This makes our current propensity to over protect and over indulge kids problematic – something I wrote about in my book Spoonfed Generation. When kids continually experience easy success we set them up for failure because when they finally face up to difficult situations many lack the capacity to push through the tough times.

Encouraging kids to step out of their comfort zones and take learning and social risks is one of the great challenges for modern parents. It’s critical that we challenge children and young people to attempt activities where failure is a significant option. Overcoming setbacks and pushing through difficulties are how character is formed.

Character is malleable

The good news is that character, like intelligence, is malleable. It’s not fixed. It’s important to establish in your own mind as a parent and also in children’s minds that character traits such as grit, self-control and conscientiousness can be developed.

To this end it’s important then that parents steer clear of using absolute language to label behaviour and views traits and abilities as fixed. Comments such as “You’re no good at math” become a rule that young people learn to live by, and become default thinking that’s hard to budge.

Make grit part of a family’s brand

In my book Thriving! I wrote how every family has it’s own distinctive brand, which is a reflection of the strengths and traits that all members share. For instance, if high work ethic is a common trait then it’s a fair bet that hard work is something you can focus on in your family.

You can actively promote grit and persistence in kids by making character part of their family’s brand. Focus on character in conversations. They can share experiences where character paid off for them in their lives. Discuss how character contributes to excellence and success in everyday life including at work, at school and in the sporting field. Character and its many components can become part of the family narrative regardless of the age of children.
**Build proprietary language around character**

Families develop their own language around what’s important to them and that needs to include character if you want to foster excellence. Reflect on the language and terms you use and build key phrases and terms around the following key character strengths: grit, self-control, conscientiousness, enthusiasm, social intelligence, gratitude, optimism and curiosity.

**Character becomes the default mechanism**

Habit and character go hand in hand. Conscientious young people don’t go around consciously deciding that they’ve got to delay the fun stuff until they’ve done their work. They’ve just made it their default mechanism to stick at their task, or delay gratification, or jump into a task with enthusiasm.

Conscientiousness doesn’t always serve a young person well. They can sometimes place full focus on menial or unimportant tasks when a smarter option may be to cruise and save energy for the important times such as exams. That’s where parental guidance plays a part. However in the long run conscientiousness serves a young person well when it’s their default because when the stakes are high they will automatically make the right choice. In fact, it will be the only option when excellence really matters.

**Michael Grose**

*Infants Easter Hat Parade*