



Principal's Message

Welcome back everyone! We hope you had a restful, safe and happy break. Last term finished in a flurry of excitement with many interesting activities for Westlawn students including fun sport days, Maths Olympiads, gala days, Multicultural Public Speaking Competitions, daytime discos and Special Award Zoom Assemblies. It really is amazing how much we can still do and be COVID compliant!

Term 4 is one of reflection, evaluation and planning. We take stock of progress made the past three years as the 2018-2020 School Plan draws to a conclusion. Those of you who have responded to our phone or online surveys or attended one of our forums, have helped our school to gather all important feedback on its progress toward achieving targets, its overall strengths and its areas for development. We will use this information along with student performance and wellbeing data to strategically plan for whole school improvement over the coming four years.

This term is also one of celebration. At the end of the term, we will take time to reflect on student and staff success as we farewell our wonderful Year 6 students and congratulate them on successfully completing their primary schooling. At this stage, we are not sure exactly what the 2020 Year 6 Farewell will look like as

we must plan a COVID compliant event. We will have more news later in the term regarding this.

It may be the final term for our Year 6 boys and girls, but the journey is just beginning for our 2021 Kindergarten children. We welcome them all for a series of Kindy Kickstart Orientation sessions this term, beginning this Friday. More details about this further on in our newsletter.

Later in the term, all students will sit their final 2020 assessments and teachers will compile Semester 2 reports. In between all this activity, our students will attend a variety of camps and day excursions. Of course, all of these events must follow COVID guidelines. As the Department of Education guidelines change (based on the most up to date NSW Health advice), we will reassess our activities. Thank you for your patience as we plan, adjust and replan. Schools are experts at planning ahead (our stage 2 and stage 3 camps are booked a year in advance) but a global pandemic certainly can derail a good plan!

Should we need to make any changes to our camps, we will contact families as soon as possible. Again, we thank you in advance for your understanding and your patience. We are trying to create as many safe

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extracurricular opportunities as possible for our students in the crazy world of COVID-19.

A couple of new activities for term 4 are weekly sessions at the new PCYC for year 6 boys and girls (they are going to love this!) and a new lunchtime Skipping Club.

Grab a virtual seat on the Westlawn Wagon – the race till the end of term is on!

Kind Regards,

Sandra

ALL STATIONS GO FOR OUR KINDER ORIENTATION & WE COULDN'T BE HAPPIER!

Information from the Department of Education advises that, we are now **ABLE TO HAVE OUR PRESCHOOLERS VISIT FOR ORIENTATION IN TERM 4.** Mrs Barnier and her Kinder Team are all organised and ready to go! The first session will be held this Friday, 16 October from midday till 2.00pm. No adults are allowed onsite due to COVID 19 restrictions. Please bring your child to the Cassia Street school gate and he or she will be met by our friendly teachers and year 5 Kindy buddies.

We hope you enjoyed watching our Kindy Kickstart video. If you missed it, it is available at: <https://youtu.be/hY1yEYXfWz8>
Make sure your child watches the video often to assist with the orientation process. You will both love it!

PARENTING INFORMATION FROM MICHAEL GROSE

The longevity of the COVID pandemic is an enormous challenge to many of us. Our capacity to adapt to acutely stressful situations such as natural disasters has been severely depleted by the long-term nature of the pandemic. Our surge capacity, an adaptation mechanism that helps us survive short-term difficulties, is not designed to

get us through long term disasters such as the pandemic.

There is no handbook for functioning in a pandemic however it's apparent that we need to accept that life will probably be different for some time. Putting in place strategies that maintain our personal wellbeing is now a priority.

Ironically, many of us are denied self-care activities as a result of the pandemic. For many people coffee with friends, a massage or a visit to the gym are the types of self care activities that are now out of reach, so flexibility and resourcefulness is needed.

Here's some researched-based strategies to practice at home that will help develop feelings of equilibrium and calm.

TAKE SOME DEEP BREATHS

Benefits

Neuroscience shows us how breathing shifts the brain into different states. Short, sharp breaths send a message to the brain that we are moving, even though we may be sitting in a chair. Conversely, slow, rhythmic breathing tells the brain that we're calm and feeling good. It's the quickest way to engage the body's relaxation response.

Implementation tips

Make regular deep breathing part of your day. Choose a time of the day that suits you to practise and stick to it. Consider linking deep breathing to regular activity such as before the start of the day, during lunchtimes, or when you take a daily walk.

CREATE MINDFUL MOMENTS

Benefits

The human mind is restless, wandering all over the place. This is exhausting, particularly for anxious personality types. Mindfulness is a simple way to make your wandering mind rest and settle into the present, closing the fight or flight response in our amygdala, the part of the brain which plays an important role in emotion and behaviour.

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Implementation tips

Mindfulness can be practised anywhere, anytime, such as when we're eating lunch, taking a walk or sitting in a chair at home. It can be done in short two to five minute sessions, which means it can be squeezed in between many regular commitments.

GET MOVING

Benefits

Exercise is a healthy way to improve mood, relieve tension and prepare for sleep. Endorphins, the feel-good chemicals that increase feelings of wellbeing, are released which explains why many people get hooked on running, walking and other forms of movement.

Implementation tips

Exercise can easily be set aside when life pressures mount, unless it's embedded in your lifestyle. A Penn State University study found 30 minutes of exercise a day has a significantly measurable impact on a person's effectiveness and wellbeing. The study's founders recommend that people make use of hidden moments such as power walking from place to place, standing and moving around more, turning wait time into movement and stretching time, and getting up ten minutes earlier to exercise and set the movement tone for the day. These are simple measures that every person can do regardless of how busy they are.

FIND GREEN

Benefits

Science supports the impact of green time on our mental health. Researchers have found a direct correlation between time spent in natural environments and a lowering of cortisol levels, the stress hormone that helps maintain our anxious states. The human brain was designed to cope with outdoor living, so it feels most comfortable in that environment.

Implementation tips

Visiting the bush or beach may be out for now but a daily walk in a park, garden, or backyard will bring similar wellbeing benefits. Bring some green inside with some indoor plants strategically placed at home. Regular green time

is a wonderful natural remedy for anxiety and stress and a natural antidote for many of the mental health problems caused by increased screen time.

CLOSING

If you're already practising self-care then set aside any feelings of guilt and simply enjoy the calm it brings. If looking after yourself has never been a high priority then now is a great time to start. Begin with small steps – pick one or two activities and build from there. The key is to make these wellbeing treats habit-forming behaviours so that they become a regular part of your daily life.

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including Spoonfed Generation, and the bestselling Why First Borns Rule the World and Last Borns Want to Change It. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

YEAR 6 EXCURSION CANCELLED

The Term 4 COVID-19 Guidelines for NSW Schools were released last week. The guidelines state that any child on an overnight excursion who develops flu like symptoms must be isolated immediately and collected by parents. If a staff member has flu like symptoms just before the excursion, they must return a negative COVID test prior to attending. If this happens just prior to the excursion departure date, we would have to cancel the excursion and full refunds would not be available. The situation would be the same if the Sydney or Canberra COVID situations changed just prior to the excursion prohibiting us from travelling there. These restrictions mean that, unfortunately, we have had to

cancel the Yr 6 Excursion to Canberra and Sydney.

All monies already paid to the school will be fully refunded. We apologise for any inconvenience incurred. Could all parents who have paid for the excursion please email the following details to the office at: –

westlawn-p.school@det.nsw.edu.au

CHILD'S NAME

CHILD'S ADDRESS

BSB

ACCOUNT NUMBER

ACCOUNT NAME

Mrs Gough and the Yr 6 Teachers, realising that cancellation may have been a possibility, met last term to organise a 'Plan B'. They have prepared a series of fun activities for Year 6 boys and girls to ensure their final term at Westlawn Public School is still a memorable, enjoyable and special one. These include weekly visits to the PCYC (gymnastics, boot camp, parkour), The Big Splash (Big Banana Water Slide and Water games), Tree Tops High Ropes Course, Dolphin Marine Magic & Jetty Walk, Beach Picnic and Life Saving Session. All of these events are yet to be confirmed but planning is well underway. School events include a Cascades Science Investigation, a STEM challenge, The Amazing Race - Around the World in a Week! - food tasting and dress up and The Christmas Film production.

More detail regarding these events will be sent home over the coming weeks.

ONLINE ENROLMENT

Online Enrolment offers parents an online alternative to the 16-page, handwritten application form when applying to enrol their child in a NSW Government school. See the link below for details:

<https://education.nsw.gov.au/parents-and-carers/online-enrolment-for-nsw-public-schools/online-enrolment-for-parents>

RESULTS OF COMMUNITY SURVEY

DATE: SEPTEMBER 2020

RESPONDENTS (chosen at random): 174
parents/carers

Respondents were asked to answer 'Yes' or 'No' to 9 questions. Percentage of 'Yes' responses is shown at the end of each question.

1. The school has high expectations for student learning. 98%
2. The teachers and principal respond positively when I come to them with a concern. 98%
3. The school has clear expectations for student behaviour. 100%
4. Students are known, valued and cared for. 99%
5. I am well informed by my child's teacher about his/her academic progress. 93%
6. Written information from the school is clear and easy to understand. 98%
7. My child feels safe at school. 99%
8. Teachers take into consideration my child's abilities and interests. 99%
9. I would recommend Westlawn Public School to others as an excellent place of learning. 98%

The final question was open ended. Areas with 5 or more responses are included below.

10. If you could choose one subject area in which our school could improve its teaching, what would it be?

CAPA (Creative and Performing Arts): 37 (Music: 12, Dance: 10, Art: 5, Choir: 5, Drama: 5)
PE/Sport: 15
Science: 12
STEM: 7
ICT: 6

40% of respondents advised that there were no subject areas in which to improve.

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FINDINGS

We were thrilled at the positive responses received from parents and thank you for giving us your time. We understand from your responses that there is a lot that we do well at WPS but we know we have to keep on our toes and work hard to keep it that way. Programs that have allowed us to build a strong, high expectations culture will continue. A major aim across all NSW public schools is that all children are known, valued and cared for and we are extremely happy that your responses tell us they are.

Our lowest score (93%) was Question 5: "I am well informed by my child's teacher about his/her academic progress." Teachers have discussed this and would like to ensure that all families are aware and take advantage of, our communication system regarding student progress reporting to parents.

Our schedule is as follows:

Term 1: All parents invited to attend parent/teacher interviews

Term 2: Semester 1 written reports sent home

Term 3: Parents invited to discuss Semester 1 Reports

Term 4: Semester 2 written Reports sent home

Overlying this schedule are regular communications between teacher and parent via Class DoJo or SeeSaw in Kindergarten to year 2.

During COVID Learning From Home, Class DoJo was also used Years 3-6.

The parents of all children on Integration Funding or Individual Learning Plans are invited to Progress Meetings each Semester. All Aboriginal families are invited to meet with teachers to develop and monitor Personalised Learning Pathways.

Teachers will also contact families at any time if they have a concern or something to celebrate regarding their children and we encourage parents to do the same.

The WPS Team is looking closely at the responses to Question 10. "If you could choose one subject area in which our school could improve its teaching, what would it be?" You have given us lots of interesting ideas and we hope to work on them in 2021 (and hopefully COVID will allow us to spread our wings a little more).

THANK YOU

In closing, thank you for recommending WPS as an excellent place of learning to others. Your survey responses really make us all feel valued and appreciated in our workplace. We look forward to a continued strong and positive school - home relationship.

DIARY DATES

Fri Oct 16	Kindy Orientation 12-2pm
Mon Oct 19	Kindy gymnastics at PCYC
Fri Oct 23	Kindy Orientation 12-2pm GHS Taster Day for Year 7 2021
Fri Oct 23	Year 2 Intensive Swimming-Each Friday Week 2 through to Week 7
Mon Oct 26	Kindy gymnastics at PCYC
Wed Oct 28	Hot Dog Day
Fri Oct 30	Basketball Gala Day at PCYC Kindy Orientation 12-2pm
Thurs Nov 5	GHS Taster Day for Year 7 2021
Mon Nov 9-11	Book Fair Opens for sales
Tues Nov 10	GHS Year 7 2021 Parent Chromebook Information Evening (details TBA) NAIDOC Week
Fri Nov 13	Kindy Orientation 9.30-2.30pm

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Welcome to Term 4 library!



Win a mural by Stephen Michael King

Plus, a visit from Andrew Daddo!

Have you been practising your drawing skills over the holidays? Did you come up with an amazing design for Puffin's Competition?

On an A4 piece of paper design what you would like to see painted on a mural at our school. Your design must contain the character Atticus Van Tasticus and a Puffin (as seen above). It can be about anything you like. Put your first name, class and school on the back of each entry.

Mrs Palmer will be collecting entries this week in the library. All entries need to be back by Friday 16th October Week 1.

For more information please see <https://bit.ly/2RXOsPq>

Happy designing!



Finally book week is just about here and we are celebrating books in many curious and wild ways. Start thinking about what you might like to dress up as for our Character parade in week 5. See below an outline of the main events below:

Week 1: Design a mural to celebrate Puffin's 80th birthday due this week.

Week 2: Get tangled up in the award winners for 2020. Book fair competitions announced.

Week 3: Knock out Checkers competition to start for Stage 2 and 3 at 1st break lunchtimes.

Week 4: Book fair wish lists will come home. More information next newsletter about how our book fair will run this year. Competition entries due.

Week 5: Book Character parade and book fair.

See you in the library! Mrs Palmer

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Kick Start to Kindy 2021

Welcome to Westlawn

Great News!

Our pre-schooler visits to Westlawn Public School can go ahead as planned in Term 4.

Sorry, but no adults allowed on school grounds as COVID parent/carer restrictions still apply.



Term 4 Kindy Kickstarter Days

1. 16 October: 12-2pm
2. 23 October: 12-2pm
3. 30 October: 12-2pm
4. 13 November: 9.30am-2.30pm
5. 20 November: 12-2pm
6. 27 November: 9.30am-2.30pm

Children will need a packed lunch, a drink and a hat for all sessions.



Be a Learner

Be Respectful

Be Safe

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Paint, Draw & Sketch Yr 5 - Yr 8

with Cassandra Lyn-Palmer

This purpose built online course encourages strong foundational skills in colour mixing, composition and scale, painting, drawing and lots more. Over 6 weeks you will learn through practical step by step exercises to make your own artwork at your own pace, in your own space.

Using lots of visuals and movement, these easy to follow techniques will give students some wonderful ideas to try at home!

COST: \$100 OR NSW Creative Kids Voucher are welcome and all materials are included.

Art After School T4

Paint, draw &
sketch

Yr. 5 - Yr. 8

6 x prerecorded lessons
over 6 weeks
3 live zoom sessions
29th Oct - 3rd Dec

\$100 per child or
NSW Creative Kids Voucher




[BOOK NOW OR MORE INFO](#)



This project is proudly
supported by the
NSW Government
through Create NSW.



Dads Tuning in to Kids 'Dads Tuning in to Kids' is an evidence-based six-week program that focuses on improving emotional connection with children by <i>emotion coaching</i> . This program is an opportunity for fathers to connect with other dads to discuss ways to supportively respond to children.	 TERM 3 2020 Workshops		Calmer Kids Calmer Homes A two-day workshop to teach self regulation to children. Learn strategies to improve social and emotional wellbeing, explore mindfulness and 'care of the carer'.
Online August 3rd - September 7th 5:30pm to 7:30pm	Pre-Teens and Screens A half-day workshop to increase parents' confidence when communicating with young people and setting boundaries around the use of digital technology.		Coffs Harbour September 3rd & 10th 10:00am to 1:00pm
My Kids and Me This is a seven-week course for parents whose children have been placed in care. The course aims to improve relationships between parents and their children, carers, caseworkers and other professionals who may be involved.	Online August 19th		Grafton September 14th & 21st 5:30pm to 7:30pm
Grafton August 4th - September 15th 10:00am to 12:30pm	How to Talk so Kids Will Listen A half-day workshop which explores emotionally intelligent parenting, problem solving and ways to communicate with children using the <i>5 love languages</i> .		No Scaredy Cats A three-week resilience-building program to increase parents' confidence in helping their children reduce anxiety. This program will also be of benefit to parents of children with additional needs.
Grafton August 6th - August 20th 10:00am to 12:30pm	Grafton August 27th 9:30am to 12:30pm		Grafton September 2nd - September 16th 10:00am to 12:30pm
1-2-3 Magic & Emotion Coaching This three-week evidence-based program teaches simple strategies for managing behaviour and the practice of emotion coaching to encourage good behaviour.	Yamba September 18th 10:00am to 1:00pm		Venues
Grafton August 6th - August 20th 10:00am to 12:30pm	Grafton August 27th 9:30am to 12:30pm		Grafton 11 Kemp Street, Grafton
Grafton August 6th - August 20th 10:00am to 12:30pm	Yamba September 18th 10:00am to 1:00pm		Yamba 24 Treelands Drive, Yamba
Grafton August 6th - August 20th 10:00am to 12:30pm	Yamba September 18th 10:00am to 1:00pm		Coffs Harbour 167 Orlando Street, Coffs Harbour

Call CRANES for enquires or to register
(no referral necessary)

CRANES' workshops are FREE of charge and
can also be accessed ONLINE

NOTE: To be eligible for our free workshops you must have
a child in your care, seeking access to or restoration of a
child or support someone who does.

CRANES' Family and Relationship Services is funded by the Dept. of Social Services

Ph: (02) 6642 7257 Email: FaRS@cranes.org.au

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