



Message from the Principal

We began and finished last week on a leadership high note. On Monday we inducted an exemplary team of Captains, Vice Captains, Prefects, SRC Reps and Library Monitors. Then on Friday we inducted our Year 6 Leaders. At both assemblies, I gave a brief speech on leadership. Leadership is a commitment. With the badge comes responsibility and expectations – wear your school uniform with pride, always be respectful toward adults and peers, be honest and trustworthy, try your best at all endeavours, act responsibly and safely and come to school ready to learn.

I am confident that our 2020 Student Leadership Team will set high standards and be excellent role models for our younger students.

A leader in our community, Member for Page Mr Kevin Hogan, was a special guest at our Friday Assembly. Mr Hogan addressed the audience noting what a fine school we have – a school with time honoured traditions. He presented many Year 6 students with their Leadership Badges. I know students appreciated the opportunity to meet Mr Hogan.

Mr Hogan did have an important announcement to make – Westlawn PS is the lucky recipient of a Local Schools Community Funding grant from the Federal Government! Last year, the school submitted an application for the maximum funding amount available (\$20,000) to purchase a Kitchen Kart (mobile student kitchen). We were fortunate to be granted the entire amount! There remained a gap of \$5,000 however and our sensational P&C came to the rescue. On behalf of students and staff (in particular our Cooking Queen – Mrs Alford) I'd like to thank Mr Hogan and our P&C for making a dream come true.

Now, if you're wondering what on earth a Kitchen Kart is, follow this link!

<https://www.youtube.com/watch?v=VJSI7SD6YMA>

Kind Regards,

Sandra

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REDUCING SEPARATION ANXIETY IN YOUNG CHILDREN

PARENTING IDEAS FROM MICHAEL GROSE

In the early years some clinginess, crying and tantrums are normal when a child is separating from parents. While a great deal of separation anxiety disappears with age, some young children will continue to experience anxiety when going to pre-school, child care or other care arrangements. This anxiety can be distressing for parents, and become an unnecessary source of guilt, further fuelling a child's anxiety. Many children who experience separation anxiety are biologically predisposed to anxiousness, shying away from new or novel situations. Here are some ways to support an anxious child at drop-off:

Become practised at separations

Help your child become used to separations by leaving them with caregivers for short periods at first and gradually increasing the length of separation.

Get your child separation-ready

Tired, hungry kids are generally clingy, cranky kids. Similarly, rushed kids are often stressed kids. If your child continues to cling to you when you leave them at pre-school or with carers, check your home routines. Are they going to bed early enough to get sufficient sleep? Are they waking in time to complete their morning activities without being rushed? Are they getting an energy-boosting breakfast such as porridge or an egg to provide the fuel to put them in the right mood? Sometimes simple adjustments to home routines can make a big difference to how a child reacts when leaving their parents in the morning.

Develop a regular quick goodbye ritual

Rituals, like routines, are both reassuring and personal. Develop your own special good-bye ritual, which can be simple such as a special wave or kiss. Alternatively, a fun good bye ritual such as a high five, low five, fist pump bursting into a hand explosion can be something a child enjoys. One you've said good-bye leave quickly without stalling or looking back. Avoid making leaving a bigger deal than it what it is.

Take part of you with them

If the pre-school or child care centre allows it encourage your child to bring a comforter such as a favourite soft toy, part of a blanket or even something that you've given them such as photo or toy. Taking a part of you with them can provide an added layer of security when you're not around.

Stay confident

Kids will often take their cues from their parents so a calm, reassuring approach can give your child the confidence they need that they will be okay.

Involve your child's teacher or carer in the drop-off

Discuss separation with the pre-school teacher or carer and involve them in the transition. Settle your young child with the other carer, preferably being involved in an activity before saying good bye and making a quick exit while your child is in the care of another adult.

When separation anxiety is not normal

Most separation anxiety is a normal part of your child's development. Some children will experience separation anxiety that is outside the normal range, which may require professional intervention. It can be difficult to determine whether a child's anxiety is normal or can be considered a disorder as many of the behaviours are the same. Consider seeking professional help if some or all of the following occurs:

- the intensity of the anxiety is outside the normal range for their age
- your child becomes agitated at the mention of being separated from you
- they withdraw from normal activities at home and at pre-school
- the separation anxiety continues regularly for four weeks or more

Your child's local pre-school or your general practitioner are good places to start when looking for professional assistance with separation anxiety.

For a full blueprint for managing and minimising children's anxiety check out [Anxious Kids](#) co authored with Dr. Jodi Richardson.

***Michael Grose**, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 12 books for parents including Spoonfed Generation and the best-selling Why First Borns Rule the World and Last Borns Want to Change It. His latest release Anxious Kids, was co-authored with Dr Jodi Richardson.*

PLEASE DON'T PARK IN THE BUS BAY

The Parking Ranger regularly patrols the area around our school and if you are caught parking illegally, fines will apply. The restrictions exist to keep our children safe as they enter and leave the school. Please help us by abiding by the rules.

Sporting News

Another record broken by Riley!

An apology must go to Riley who broke two records at the Westlawn PS Swimming Carnival, not one.

Riley also set a new record in the 11yrs girls breaststroke. She clocked 48.87s to better the previous record of 49.06s set in 2018 (Shanae Crispin).

Clarence Swimming Carnival Results

Congratulations to the 39 students who competed at the Clarence Swimming Carnival last Thursday. The team won the overall point score and trophy for the fifth year in a row.

Westlawn PS provided two age champions on the day. Congratulations to:

Jnr Boy Champion – Chad

11yrs Girl Champion – Riley

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We also provided a number of runners-up in age championships. Congratulations to:

Jnr boys - Oliver

Jnr girls – Ruby

11yrs girls – Mollie

Snr Boys - Sam

Snr girls – Jorja

The following students have qualified for the MNC carnival and will travel to Coffs Harbour this Thursday to compete: Chad, Riley, Ruby, Mollie, Jorja, Oliver, Sam, Jak, Eli, Ashton, Jake A, Marcus, Jimmy, Klancee, Maia, Romy, Lily, Grace, Eve, Isabella, Jake H and Ethan B.

We wish you all the very best of luck.

Primary Sport for Term 1

Community Sport began last Friday for students in Years 3, 4, 5 and 6. Thank you to all our students who were organised and enthusiastic for their first week of sport. A huge thank you to everyone who remembered their money. However, many students did not have a drink bottle to take with them to their venue. Could parents and carers please remind students that they must have a drink bottle filled with water to take to sport every Friday.

Sport money collection will occur every Thursday after morning assembly so we can start sport immediately on Friday. Please send your child's sport money on a Thursday each week.

Costs and equipment needed each week:

Hockey - Cost \$6 (inc. bus fare). All equipment is provided however, participants must have their own mouth guard, hat and water.

Tennis - Cost \$7 (inc. bus fare). All equipment is provided. Please take a hat and water.

Ten Pin Bowling - Cost \$6. Bottle of water is optional.

Basketball – No cost. Take a bottle of water.

KidsFit - Cost \$4. Take a bottle of water.

Indoor Soccer - Cost \$4. Take a bottle of water.

It is important that all students remember their sport money each week as we are using community venues, which depend on income to remain open. Students who fail to pay for their sport two weeks in a row will still go to their venue but will not be able to participate. Please contact the school if there are difficulties covering the cost of weekly sport.

MNC Tennis Trials

We wish Ethan, Sophie and Kierra the best of luck tomorrow as they trial for selection in the MNC Tennis team at the Grafton City Tennis Club.

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Sporting dates to remember – plan ahead!

*MNC Swimming Carnival at Coffs Harbour on Thursday 27 February for those that qualify.

*NC Swimming Carnival at Coffs Harbour on Wednesday 4 March for those that qualify.

*Westlawn Cross Country Carnival will be held on Monday 23 March (T1,W9) at Junction Hill.

*Clarence Cross Country Carnival will be held on Friday 1 May (T2, W1) at Junction Hill.

Regards

Scott Ogilvy

Primary Disco

This term's primary disco will be held on Tuesday 7th April 2020 (Week 11) commencing at 6:30pm. We are once again looking forward to students dressing up and enjoying a dance at this great event. Please remember that entry into our primary disco is by invitation only, and only students who have consistently demonstrated commitment to our school rules throughout the term will be invited to **attend. The theme for the disco will be announced later in the term.**

Year 6 into 7 Transition Information Night

South Grafton High School Year 6 into Year 7 Transition Information Night

All students and parents are invited to attend:

Tuesday 10th March

5.30-7pm, South Grafton High School Hall

The aim of the evening is to provide students and their parents with an opportunity to learn about the transition process and develop an understanding about their child's high school experience.

It is an opportunity to meet the principal and Year Adviser as well as gain information about the curriculum, special school programs and extra-curricular activities, which are available to your student.

Student scholarships and Platinum class selection will be explained. Important details surrounding the culture of the school including welfare, support, achievements and other opportunities will be discussed. There will also be an opportunity to take a tour of the school and view our facilities.

Regards,

Ms. Pizarro, Principal ,South Grafton High School

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Library News!

Welcome back to the library for 2020!

Congratulations to our wonderful Year 6 Library Leaders; AJ, Laqueesha, Kiera, Jack, Jack, Sophie, Blake and Isabella. They have already had a fantastic start to the year and are eager to help you when you visit the library.

Library days for each class are listed below as a reminder of what day to bring your books back.

Monday: 3M, 6AG, 3A, 3/4S

Tuesday: 4E, 4P, 2L, 1AW

Wednesday: 6H, 5/6W, 2T, KB

Thursday: 5O, 5A, 2C, KG

Friday: KS, KR, 1R, 1M

We ask that students please bring their library bag on the days that they are borrowing so that the books are protected in their travels. Students are also able to return and borrow at 1st break Monday- Thursday. We allow a maximum of four books at any one time and loans are for two weeks. A reminder of overdue books will be sent out when needed. We have some very popular series at the moment with waiting lists so if you have finished with your books early they can be returned at any time and placed in our return bin.

During library this year, your child will be doing PDH. Our topic this term is 'Being Cybersmart.' Students are encouraged to discuss being Cybersmart with you at home. A fantastic website with information about eSafety which has been put out by the eSafety Commissioner can be found at <https://www.esafety.gov.au/parents>.



The challenge opens this year on **Monday March 2**. Don't forget books you have read over the summer can be added to your reading log once the challenge opens. You have until August 31 2020 to complete the challenge. More information will follow over the coming weeks or you can look at the site at <https://online.det.nsw.edu.au/prc/home.html>

Happy reading!

Mrs Palmer

'Lettuce' Celebrate

'The Big Veggie Crunch,' is a quick and easy school-based event for NSW primary schools. Westlawn PS will be taking part on Wednesday 4th March with a whole school focus on promoting healthy eating. Children will be crunching their fruit or veg together as a whole school. They are encouraged to bring in a piece of fruit or a small container of chopped veggies. The Big Veggie Crunch in 2018 saw 50,260 NSW primary school students crunching vegetables together. What a great effort! Let's see if we can join in in beating the record!



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School Photos

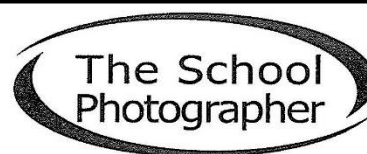
The school photographer will be at the school on **WEDNESDAY, 11th March 2020.**

Your child will have bought home an envelope LABELLED WITH HIS/HER NAME to order specific packs. Please do not lose the envelope if you wish to order individual photos or specific packs.

To order photos please indicate the quantity of photos required then enclose payment and return to the school by Friday 7th March 2020. Please return any unused envelopes to school. The School Photographer will not accept orders on photo day. Late orders can be processed online, however a fee will be charged.

Separate envelopes are available from the front office for family photos. Groups such as SRC, House Captains, Band and Library Monitors can be **ordered online** once the photos are returned to the school.

Please DO NOT PLACE these smaller envelopes inside the larger envelope because family and group photos are usually taken after all classes have been photographed.



Dear Parents

To make payment for school photos after photography day you can choose one of the following options -

1. Go to our website www.theschoolphotographer.com.au and select the "Click here for Online Payments" button and follow the on screen instructions.

OR

2. Call our office on 9674 9824 and we will take your credit card payment over the phone.
(Note – there is a processing fee of \$5 for phone payments)

Kind regards

The School Photographer

Diary Dates

Thurs 27 Feb	MNC Swimming Carnival
	Life Education Van visit begins
Wed 4 March	NC Swimming Carnival Coffs Harbour
	Vege Crunch Day
Fri 7 March	School Photo Envelopes returned by date
Wed 11 March	School Photo Day
Mon 23 March	WPS Cross Country at Junction Hill
Thurs 2 April	Grandparents Day
Tues 7 April	Primary Disco 6.30pm – 8pm
Thurs 9 April	Last Day of Term 1

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Burn Bright

On Wednesday on the 12th of February all of Westlawn year six students attended a leadership training day. Burn Bright taught the year six students to be good leaders during peer support and while looking after their buddies. It also teaches them to be good examples to younger children at Westlawn Public School.

We focused on building team work skills through games and mini competitions as well as identifying the features of a good leader. The training was really hands on and we had lots of fun.

By Lanaia and Kokoda



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WPS Swimming Age Champions

Chad, Samuel, Ethan, Riley, Ruby, Jorja



Champion House - Neptune



Student of the Week recipients for Primary in Week 3



Year 6 Leadership Assembly



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Life Education Van visits start Thursday 27 February and continue until Tuesday 10 March. A merchandise stall will be operating during this time at both lunch breaks for students to purchase from. Below is a price list of the merchandise available from the stall:

Product Description	Price Incl. GST	QTY	Product Description	Price Incl. GST
Tattoo	\$0.50		Large Harold Soft Toy	\$15.00
Harold Post-it-note	\$1.50			
Harold Hand Ball	\$3.00			
Small Harold Soft Toy	\$8.00			
Total Owing	\$		Total Owing	\$
NB Harold Products are subject to availability Life Education NSW thanks you for your support.				

There are also drink bottles and pencil cases available to purchase, however the cost is not known at this stage.



Clean Up Australia Day Friday 28 February

Westlawn Public School will be participating in **Clean Up Australia Day this Friday, 28 February**. It is a great way to inspire students to learn about the impact of rubbish on our local environment while playing an active role in the community.

It is a day when Westlawn Public School students and teachers work together to clean up an area in our school.

This Friday, we are asking students to bring a pair of gloves and a bag (to place rubbish in) and be part of

Clean Up Australia Day!

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BOWL PATROL A NEW WAY TO LEARN TO BOWL

Bowl Patrol is a program for primary school aged children to learn the basic skills of tenpin bowling.

- Bowl with a qualified coach
- Inclusive support resources
- Vouchers accepted where applicable
- \$99 for 8 weeks
- Bowl Patrol T-Shirt, Cap & Drink Bottle included



Jason Belmonte
World Number One &
Bowl Patrol Ambassador





BOWL PATROL WILL BE HELD AT:
Grafton Tenpin Bowl
288 Powell St
Grafton NSW 2460
Starting Tuesday 4th
February 2020 at
4:30pm

For more information or to register go to www.bowlpatrol.com.au

CREATIVE KIDS CLUB

2ND AND 4TH FRIDAYS IN TERM TIME

TIME: 5.30-7.00PM
 PLACE: 116 OLIVER ST STREET,
 GRAFTON PRESBYTERIAN CHURCH
 COST: \$3
 CONTACT: JAMES ON 0402 354 099

FRIDAY 28TH FEB

CREATIVE KIDS CLUB. A GROUP FOR CREATIVE KIDS WHO ARE IN YEARS 3 AND UP. GREAT GAMES, YUMMY PIZZA FOR TEA AND HEAR A COOL BIBLE TOPIC.

 Find us on facebook

Coutts Crossing Cougars Football Club

Just a quick reminder that registrations are open for the 2020 soccer season and can be found at www.playfootball.com.au

Coutts Crossing Cougars Football Club is a great club with a family atmosphere for all ages

If you have any questions please don't hesitate to contact us on 0407668599 or couttscougars@gmail.com

With thanks

Coutts Crossing Cougars F.C

ACTIVE KIDS REBATE INFORMATION

Don't forget - Active Kids Rebate vouchers are available **twice per year** for children aged 4.5-18 years for sports registration fees. They can be used to subsidise registration costs by up to \$100.

To activate your voucher, head to the Service NSW website to complete the application - <https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>

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Westlawn Public School P&C Newsletter

Term 1 Week 5

Canteen News

Our school canteen urgently needs more volunteers to work in the canteen. Without the support of additional workers our canteen will not be able to operate effectively.

If we are unable to get some more volunteers, there will be no alternative except to close our canteen on the days where we do not have enough volunteers.

Being a volunteer is a wonderful way to support our school. Our canteen operates from 8:30am to 2:00pm and full training will be provided and you will be well supported by our canteen team. Even if you are able to provide assistance for a couple of hours one day a month it would be fantastic. Duties include taking orders, preparing food and serving students. If you are able to assist please speak to Belinda Oxenbridge, our canteen manager.

Westlawn canteen provides a wonderful service to our school, in providing healthy, nutritious lunches and snacks for students five days a week and it would be fantastic if this could continue.

CANTEEN ROSTER

Wednesday 26 February	Deb Watts, Gary Palin
Thursday 27 February	Deb Watts, Campbell Kenneally
Friday 28 February	Jan Tucker, Michelle Howard
Monday 2 March	Melissa Johnston
Tuesday 3 March	Deb Watts, Sue Tobin, Debbie Tobin
Wednesday 4 March	Deb Watts
Thursday 5 March	Deb Watts, Sue Ulrick
Friday 6 March	Shelly Thompson, Kristie Colling
Monday 9 March	Michelle Howard
Tuesday 10 March	Deb Watts, Liz Hamlin, Belinda Oxenbridge

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