



## Principal's Message

Teachers and Administrative Staff are enjoying taking time out of their busy days to have a chat with parents and carers as we undertake our phone survey of 200 randomly selected families. If you have been called, our thanks for taking the time to share your thoughts on our school so that we can build on its strengths and work on improving weaknesses.

If you were not called and you would like a say, all families have the opportunity to complete the TTFM (Tell Them From Me) Survey. The survey opened last week and will close on the 23 October. You'll find the survey

<https://nsw.tellthemfromme.com/survey/splash/we>  
stl

Kind Regards,

Sandra

## **KINDER ORIENTATION – IMPORTANT NEW INFORMATION FOR FAMILIES**

Information from the Department of Education advises that, due to COVID-19 restrictions, at this stage, we will be **UNABLE TO HAVE OUR PRESCHOOLERS VISIT FOR ORIENTATION IN**

**TERM 4.** We are hoping that this decision is revised during the next school holidays when the Department of Education publishes its Term 4 guidelines. If this does happen, we will go ahead as planned. Mrs Barnier and her Kinder Team are all organised and ready to go!

As mentioned earlier, we are unable to have our popular Kindergarten Parent Information Session at school. Instead, the Kindergarten Teaching Team is putting together an information video that will be made available to you all before the end of this term. If your questions are not answered via this video, we will set up a Zoom Meeting where you can have your questions answered. Alternatively, feel free to call Mrs Barnier or email the school with your enquiries.

## **PARENTING INFORMATION FROM MICHAEL GROSE**

Parents have two things in common. Firstly, every parent experiences some challenges or difficulties at some point raising kids. Whether it's managing challenging behaviour, keeping a child's chin up when life doesn't go their way or helping a young person handle the ups and downs of adolescence – every parent must deal with challenges along the way.

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Secondly, all parents want their children to thrive and flourish. That means we need to love our kids confidently, rather than protect, pamper and problem-solve for them.

Here are 15 ways to help your kids thrive and potentially reduce the number of parenting challenges you experience along the way:

### **1. When kids can, let them do**

The independence mindset that we promote here at Parenting Ideas means that parents look for as many opportunities as possible to develop self-sufficiency in children. When kids can get themselves out of bed in the morning we allow them to do so. When a toddler can clear their plate and spoon away we encourage them to do so. When a teenager can catch a train into the city we allow them to do so, even though we may be uncomfortable about letting go. Self-esteem and confidence is built by kids gaining mastery over their world and doing the little things that we as adults so often do for them.

### **2. Develop a growth mindset**

This generation shouldn't grow up like past generations thinking that their natural abilities set the tone for the pattern for the rest of our lives. If you think that you'll never be good at maths/writing/sport/whatever, then you have a fixed mindset. We now know that talent and smarts aren't fixed – they evolve over time with practice and effort. There's a lot parents can do to develop a growth mindset in kids. Start by linking your child's success with effort rather than linking it to natural ability. You want your child to grow up believing that hard work and strategy have as much to with their success in any area as their natural ability.

### **3. Encourage them to play**

Adults are very fond of organising environments for kids to enable learning and maximise their development. Kids' lives are full of organised after school activities including sports practice, music

practice and swimming lessons. There's not much time for mucking around these days. Self-initiated play, particularly when it occurs outside is great for kids' confidence. Left to their own devices kids often take risks that would make adults shudder, if only they knew about them. But it's through risks such as climbing trees, building cubbies and navigating their neighbourhood that kids learn to extend themselves and develop skills that they didn't know they had.

### **4. Give them some tough stuff to do**

Life in the twenty-first century is comfortable for most of us. We've eradicated most of the hardship from life so that most kids in developed countries like Australia wake up on a winter morning with a full stomach, a warm house and the prospect of being driven to school. Nothing builds confidence like a deep appreciation for what you have and an understanding that you can put up with some hardship and discomfort. Consider ways you can disrupt deep comfort levels. Maybe they have to do some chores (make their lunch/their bed/feed a younger sibling) in the morning; maybe they should walk to school; maybe they can do without morning tea if they leave it at home. Think of your own ideas to help them feel familiar with discomfort.

### **5. Make sure they do something that someone else relies on**

So what does your child do that someone else relies on? Do they feed the dog? Empty the dishwasher? Help their sibling with homework? Assuming responsibility builds kids' confidence. We often give responsibility to kids who we know can carry out the responsibilities without a hitch, not the kids who really need it as they sometimes struggle and won't do it right.

### **6. Give them psychological space**

Sometimes we know too much about our children's lives. Most times we know if they had breakfast, who their friends are and how their day went at school. All this knowing may keep us in the loop with our kids,

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but it can also be suffocating for some children. Children benefit when they have some space from their parents' attention and best intentions. Space gives them the chance to solve their problems in their own way and develop their own resourcefulness, which is a fantastic confidence-builder at any age.

## **7. Ask them to help you**

Nothing displays faith in a child's abilities like a genuine request for help. Next time you're about to embark on an activity (cooking, washing the car, loading the washing machine) ask a child to give you a hand. Even better, give the total job to your child if it's practical and timely to do so. Now that's what I call a show of faith!

## **8. Let them teach you something**

When was the last time you asked your child to teach you how to do something? Kids who see themselves as strugglers can get a boost in confidence when they teach their parents how to do something that they are good at.

## **9. Encourage your child to be a generalist**

The years before adolescence have traditionally been seen as a period when children explore various activities and develop a variety of interests. Essentially it's the time to be a generalist. Specialisation best happens from around fourteen years of age when young people start to define their identity ('I'm into music!' 'I'm a sports nut!') by the activities they pursue. Children now seem to specialise at a much younger age, which can limit the options available to them later on. Encourage your child to try a variety of different activities to build a broad base of competencies and interests that will serve him well in the teenage years.

## **10. Problem solve together**

While kids need a chance to resolve some of their every day problems – such as managing pesky siblings, dealing with strict teachers and sharing a

workspace at school with peers they don't like – by themselves, they can also benefit from sitting down with a parent and working their way through problems together. All the aforementioned problems (and many more besides) could be workshopped so that kids get the benefit of your wisdom, without you solving their problems for them.

## **11. Encourage assertion**

Kids generally resolve relationship problems with friends and siblings in three ways – through accommodation, aggression or assertion. Accommodating the needs a friend or sibling is admirable but some kids give way too much because they don't know how to stand up for themselves. Some children will use aggression and other high power ways to get their own way. Encourage your child to be assertive and ask for what they want rather than give way all the time or be aggressive. Assertiveness is as much about strong body language as it is about the words they use. So encourage them to practise standing up straight, using a strong voice and making eye contact when they say to a sibling or friend, "No. I don't want you to borrow that."

## **12. Help them see beyond the label**

A child who defines themselves as being stupid because they struggle academically benefits from parents who lovingly point out that there is more to a life than school work. Help them see the strengths that they have in other areas of life such as making friends, success at leisure activities and the personal qualities that he or she displays such as loyalty, patience and persistence. Help children see past labels that they can place on themselves.

## **13. Cue confidence not anxiety**

Recently I heard a parent say to her primary school-aged daughter prior to going on a class excursion, "You're not going to be anxious are you?" If the child wasn't anxious already she was likely to be after her mother planted the idea in her head. Children generally take their cues about how they should see

events from their parents so we need to be very careful about what we say to children particularly when they go into new or unfamiliar activities. Better to cue a child to be courageous with a statement such as “Now’s the time be brave.”

#### 14. Turn the volume down on the news

There’s no doubt we live in a fearful world that reduces children’s propensity to take the sensible risks that they need to develop. The media with its twenty-four-hour news cycle has a lot to answer for. Consider how much news your children are exposed to via television and radio particularly in the pre-school and early primary school years. Kids at these ages are faulty processors of information and can be adversely influenced by news events that occur across the world. Fear defeats confidence and inflates anxiety and tension.

#### 15. Help your child rationalise, rather than exaggerate their worries

Children and teenagers can easily jump to conclusions and catastrophise (“I’m hopeless!”), blaming themselves when they experience difficulties. Help your child work through their difficulties so they can

rationalise and find solutions. Challenge their self-talk and help them see that a situation probably isn’t as bad as they are making out. By calling out their propensity to catastrophise you may not be making yourself popular, however you’ll be teaching a valuable lesson in staying calm rather than letting their emotions get the better of them.

Building children’s resilience and confidence is a basic parenting task. It always has been and always will be. Some kids need more of a focus on resilience and confidence-building than others. Best to take your cues from your kids and look for strategies that stretch them rather than restrict them or keep them dependent on you.

*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.*

DIARY DATES			
Fri 18 Sept	Infants Fun Day	Wed 23 Sept	Stage 3 Sports Day
Mon 21 Sept	Stage 2 Sports Day	Thurs 24 Sept	SGHS Principal and Year Advisor Visit
	School magazine orders due		Special Award (Zoom) Assembly 12pm
Tues 22 Sept	Primary Disco (daytime)	Fri 25 Sept	Last day of term 3
	Stage 2- 12.30pm-1.30pm	Mon 12 Oct	Term 4 resumes
	Stage 3- 2pm – 3pm		

### PBL News

Positive Behaviour for Learning (PBL) is a whole school program to improve learning outcomes for all students. It promotes a caring and harmonious environment. PBL explicitly teaches the expected positive behaviours and sets clear expectations school wide.

At Westlawn students receive awards for each of our school expectations:

**Be a Learner**, **Be Respectful** and **Be Safe**.

To acknowledge students who follow our PBL expectations, each class nominates a student from their class. These nominations are then taken to the SRC meetings and one student from each stage is chosen to receive the Positive Behaviour for Learning Award.

Our first recipients for 2020 were;

Clair See (Stage 3), Violet McKew (Stage 1), Clay Collie (Early Stage 1) and Emmy Deleuien (Stage 2).

Congratulations on this tremendous achievement!



### Some of our Students of the Week



### REMINDERS

**Canteen** – the canteen is closed again for the remainder of this term. Thank you for supporting the Friday Meal Deals

**Perpetual trophies** – please return any perpetual trophies from last year's annual presentation day.

## Live Life Well @ School

### LET'S GET ACTIVE AT HOME

NSW Department of Education has a range of fun video episodes, linked to the PDHPE syllabus, called **GetActive@Home**

Support your child be active at home and give these action packed sessions a go.

Search 'GetActive@Home' at: [www.education.nsw.gov.au](http://www.education.nsw.gov.au)

For health benefits, children aged 5-12 years need at least 60 minutes of moderate to vigorous physical activity every day. Variety is important!

NSW GOVERNMENT

Developed by Northern Sydney Local Health District

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## Westlawn Public School

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# Kick Start to Kindy 2021

## Welcome to Westlawn

*In place of our Parent Information Session, a video is being produced for families.*

*This will be sent to you before the end of Term 3.*

*A Zoom Session hosted by Mrs Barnier is scheduled for questions and answers (date to be confirmed).*



### NEW INFORMATION PLEASE READ CAREFULLY

#### **Proposed dates for Kickstarter Days**

*We are awaiting a decision by the Department of Education as to whether these days are able to go ahead or not. We expect to receive this information before the beginning of Term 4 and will notify you as soon as we know.*

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.



*School Tours will be led by Mrs Armstrong if COVID-19 guidelines permit.*

*Please contact the office to arrange a booking.*

Be a Learner

Be Respectful

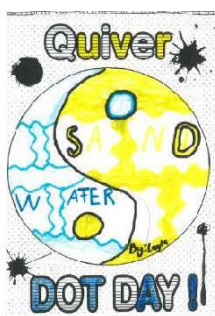
Be Safe

Strive to Achieve

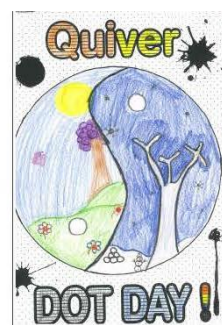
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Today is International Dot day based on Peter H. Reynolds beautiful book; 'The Dot' which shares a story about a girl who learns how important having a go is. Students are encouraged this week to make their mark and discover where it might take them in the library. Students have created Ying Yang drawings in their Quiver dots. Using the app Quiver you can scan the pictures below and watch them come to life in 3D.



### NSW Premiers Reading Challenge

WOW! 336 students completed this year. That is 86 more than last year.

Well done to our special award recipients this year.

#### Gold Awards (Completion of 4 years)

Cash, Caylee, Kaedyn, Alec, Kahleaha, Addison, Kyla-May, Crystal, Charlette, Chad, Zoe, Jye, Kaitlyn, Taylen, Harper, Xavier, Skylah-May, Paetyn, Lily, Layla, Layla, Fletcher, Ellie, Ryley, Jacob, Sasha, Lukas, Bayley, Joe, Ashton, Harvey, Myles, Charlie, Ryan, Aleksia, Lucas, Summer, Jazlyn, Charlie, Mason, Seth, Amelia, Amber, Jaxon, Eleanor, Oskar, Ava, Leon, Sally, Oscar, Caleb, Charlie, Flynn, Jak and Kobi

#### Platinum Awards (Completion of 7 years)

Sophie Ethan and Max

#### Fun fact!

577 books have been borrowed in the first two weeks of September.

Have you seen our new series in the library Aussie Kids? Come in today and borrow one of our eight exciting books in the series and follow the adventures of these Aussie Kids. They are a wonderful beginning chapter book which is on the 3-4 PRC.

Book Week Watch this space! Coming in term 4.

Happy reading, see you at the library. Mrs Palmer

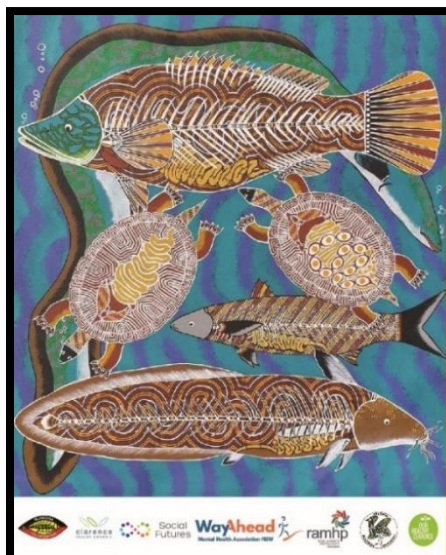


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**Aboriginal Art Workshop  
with Uncle Joe Walker**

Uncle Joe Walker will be conducting two Aboriginal Art workshops in the Lower Clarence. This will be targeting Aboriginal youth aged 8-18 years old.

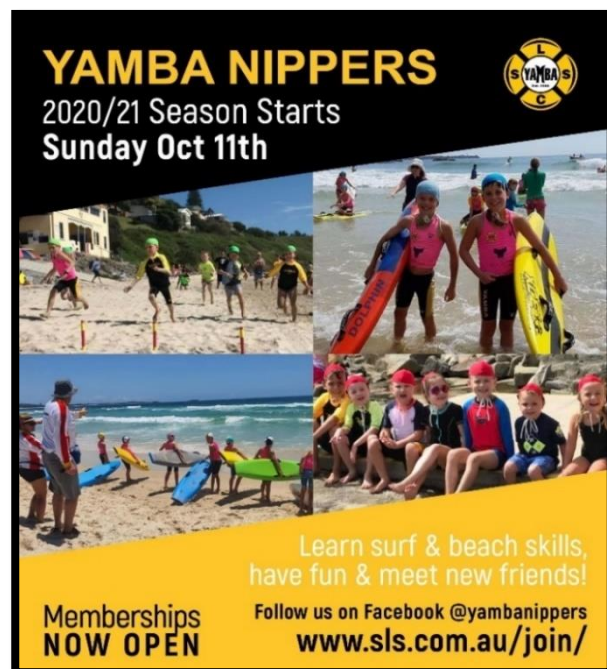
Due to COVID 19 we ask for parents to register their kids prior to the event.

**Maclean Hillcrest Community Hall  
on TUESDAY 29th September 2020**

**Yamba Treelands Centre on  
WEDNESDAY 30th September 2020**

**Time for both events—  
10am till 2pm**  
Lunch provided

Please call 0432341545 to register.

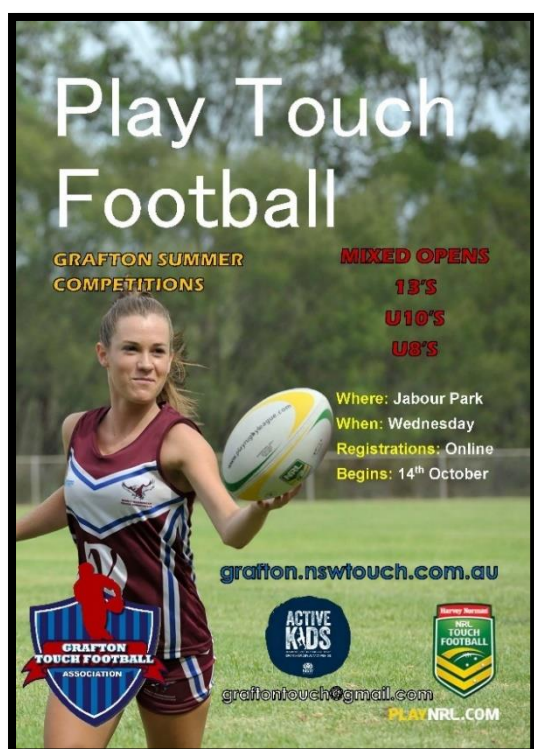


**YAMBA NIPPERS**  
2020/21 Season Starts  
**Sunday Oct 11th**

Learn surf & beach skills,  
have fun & meet new friends!

**Memberships  
NOW OPEN**

Follow us on Facebook @yambanippers  
[www.sls.com.au/join/](http://www.sls.com.au/join/)



**Play Touch  
Football**

**GRAFTON SUMMER  
COMPETITIONS**

**MIXED OPENS**  
18'S  
U10'S  
U8'S

**Where:** Jabour Park  
**When:** Wednesday  
**Registrations:** Online  
**Begins:** 14<sup>th</sup> October

[graffon.nswtouch.com.au](http://graffon.nswtouch.com.au)

**ACTIVE KIDS**  
[graffontouch@gmail.com](mailto:graffontouch@gmail.com)

**GRAFTON TOUCH FOOTBALL ASSOCIATION**  
**PLAYNRL.COM**



**WEEK 1**

Monday 28th Soccer World Cup	Tuesday 29th Basketball All Stars	Wednesday 30th Gymnastics & Trampolining	Thursday 1st Multisport Gala Day	Friday 2nd Art Attack
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**OCTOBER 2020  
SCHOOL HOLIDAYS**  
COST \$50pp TIMES 8AM - 4PM

All participants must be members of PCYC - \$10 per year

**WEEK 2**

Monday 5th PUBLIC HOLIDAY	Tuesday 6th Gymnastics & Trampolining	Wednesday 7th Art Attack	Thursday 8th Basketball All Stars	Friday 9th Multisport Gala Day
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300 Powell St Grafton 02 5622 4020  
[graffon@pcycnsw.org.au](mailto:graffon@pcycnsw.org.au)

**PCYC GRAFTON**



**HOLIDAY CLINICS**

**DATE:** 1/10/2020  
**TIME:** 10.00am - 12.00pm  
**AGE:** 5-12 years  
**COST:** \$40  
**WHERE:** Frank McGuren Field, Grafton (PCYC)

**LEAGUE STARS**



Love cricket?  
Want to remain involved in the game?  
Want to learn more about cricket?  
Want to earn some extra cash?  
**Cricket umpiring might be for you!**



## BECOME A CRICKET UMPIRE



Participate in the game from the best spot at the ground.  
Be involved in Australia's favourite sport, learn new skills, meet new people and have fun.  
Cricket NSW is currently offering the Cricket Australia Community  
**Venue: Zoom Video Conference**  
**Date: Tuesday September 22, 4-6pm**  
**Cost: \$40 (Paid online)**  
Don't let age or experience be a barrier- everyone is welcome.  
Contact [Claire.Polosak@cricketnsw.com.au](mailto:Claire.Polosak@cricketnsw.com.au) for more information and registration

**TAKE  
\$100 OFF**  
YOUR REGISTRATION FEES  
Claim your voucher today



**OUTDOORS  
NON-CONTACT**

# PLAY CRICKET!

**MORE RUNS. MORE WICKETS. MORE FUN!**  
**GET INVOLVED IN ALL THE JUNIOR CRICKET ACTION  
AT YOUR LOCAL CLUB THIS SUMMER.**

Play Junior Cricket this season!

The Clarence River Junior Cricket Association has 6 fantastic

Clubs looking for players of all ages and abilities

Check us out on social media! [facebook.com/crjca](https://facebook.com/crjca)

Go to [playcricket.com.au](http://playcricket.com.au) to register.

\*MORE INFO AT [SERVICE.NSW.GOV.AU/ACTIVEKIDS](http://SERVICE.NSW.GOV.AU/ACTIVEKIDS)



JOIN A TEAM NEAR YOU TODAY

**PLAY CRICKET**

PERMITS  
PRIORITY 11



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