



Westlawn Public School

Strive to Achieve

Tel: 02 6642 7466

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



Newsletter: Term 3 Week 6 2021

Principal's Message:

Thank you to all the families for your support and understanding during this time where the situation has changed quickly.

Teachers have organised learning packs which will be available from in front of the main building. Packs will be organised in year levels.

Please enter through the main entrance following Covid Safe Practices:

Wear a mask

Check in

Sanitise

and exit through the gate near the infants playground.

Teachers will be in regular contact with their students through the week to support learning from home.

Students learning from home and those who still need to attend school will follow a similar departmental curriculum.

We are currently operating on level 4 restrictions:

This means you if you are working from home, and your child is able to be educated from home, please keep them at home to minimise movement in the community.

Westlawn Public School will be open with minimal supervision to support those students who cannot be educated from home, for example if their parent or carer is an essential worker. All students and families will be supported with learning from home materials and resources provided by your teacher.

Find resources to help you and your child learn from home at education.nsw.gov.au/parents-learning-at-home and download the NSW school updates app onto your phone to receive the latest updates about the operational status of your child's school.

Teachers are currently organising ongoing learning packs as a precaution and the collection and drop of process will continue to be the same at the front of the main building. Please do not hesitate to contact the school if you

have any questions or concerns. Teachers will be making regular contact to assist in the learning and check-in on students.

Please continue to monitor Facebook, Skoolbag app and email for updates and changes to the current situation.

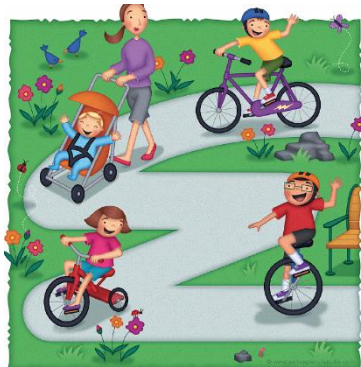
LOST PROPERTY

At present there is a lot of lost property and missing jackets and jumpers. We ask families to please check their child's clothing is named and to check that they have their own jackets and not another students'. Thank you for your support.

PERPETUAL TROPHIES

Please return any perpetual trophies from last year's Annual Presentation Day to the school office at your earliest convenience.

WHEELATHON NEWS



A huge thank you to everyone for supporting our WPS Wheelathon this year. The total amount raised was an outstanding \$10664.



Sporting News

Mid North Coast Athletics Update

The Mid North Coast Athletics Carnival that was scheduled for Monday 23 August has been postponed. The MNC convener is currently working with all levels of PSSA and other stakeholders to reschedule the carnival.

Boys Cricket Knockout Result

Westlawn travelled to Port Macquarie to play Lake Cathie PS last Friday 13 August. The match was a semi-final of the North Coast PSSA Knockout competition. We were greeted with overcast conditions and rain. The pitch was soaked, the outfield was wet and after close to three hours in the car - the toilets were locked!!!

Luckily, the weather worked with us and the clouds began to clear, the pitch dried out a little and council came to the rescue by opening the amenities. It was game on! Our magnificent leader and captain, Thomas, helped begin proceedings by winning

the toss and electing to bowl. The boys were in high spirits and clearly 'switched on' judging by the warm up. Bohdi had his eye in throwing down a single stump from what seemed to be a mile away. Lots of catches were taken, the fielding looked sharp and the bowlers were hitting their mark.

The plan was to bowl a good line and length to the opposition batsmen. Get them on the front foot, get them driving if possible. Thomas set the field accordingly. Oliver opened the bowling in what proved to be testing conditions early on as the ground was still very wet and the run up area very slippery. However, he did a magnificent job. Thomas backed him up with a tidy over. Lake Cathie 0 – 4 from 2 overs. The batsmen had a win in the next two overs, scoring 18 runs before Thomas returned serve and knocked the stumps over. Lake Cathie 1 for 22 off 4 overs.

Bohdi, Ethan D, Jerrash and Thomas did a great job bowling in the middle of the innings. However, Lake Cathie's batsmen were quality and they set about building a very good partnership by slowly accumulating runs through singles and enjoying the odd 'good' over where they took advantage of anything short by sending it to the boundary. 1 for 49 off 12 overs.

Excellent fielding by Sam, Taj, Jimmy and Marcus helped stop a number of boundaries and kept the scoring rate down. Ethan B was doing a magnificent job behind the stumps gloving as many as he possibly could. After 17 overs, Lake Cathie were 1 for 81.



Bohdi and Ethan D bowled fantastic second spells taking 3 wickets between them. Ethan was on a hat-trick in the 21st over after smashing the stumps before a brilliant catch by Oscar who was fielding at mid-wicket. The Lake Cathie batsman survived the hat-trick ball to take the score to 4-112 after 21 overs. With 4 overs remaining, Hamish and Oliver had the unenviable job of closing out the innings while the batsman had a big swing. Oliver put the ball in the right spot and took two wickets in the 22nd over. At the end of their innings, the scorebook showed 6 for 141 off 25 overs.

Sam and Thomas strode to the crease ready to get Westlawn off to a solid start. Thomas was on fire scoring a boundary and hitting a six before receiving the perfect delivery, on a length, that missed his bat and struck the wicket. Westlawn were 1 for 13 off the first over. Hamish, who was earlier seen sporting one of the brightest head bands ever worn on a cricket field, donned the helmet and got stuck into the Lake Cathie attack. In six scoring shots, he bludgeoned four boundaries and two singles. Unfortunately, he received the identical delivery to the one that removed Thomas and was bowled for 18. While all this was going on, Sam was holding up his end, accumulating singles and turning the strike over. Westlawn were 2 for 35 after 3 overs!

Bohdi was watchful early in his innings, picking off a couple of singles before he also found the boundary numerous times. He reeled off 16 runs in four scoring shots plus another single before being caught and bowled by the Lake Cathie tweaker for 19 runs. 3 for 77 off 10 overs and the opposition were starting to feel as though they might be back in it. Ethan B was suddenly thrust into the game and he and Sam worked well to steady the ship and turn the scoreboard over. To Lake Cathie's credit, their bowling was good enough to dry up the boundaries. Ethan and Sam stayed together to take the score to 3 for 110 in the 19th over before Ethan was caught at short third man. The equation required Westlawn to score 32 runs from the last 6 overs. The game was in the balance.

Oliver looked good at the crease, smashing a boundary and taking a quick single. Sam was still holding the innings together by picking off singles, determined to guide the side home. However, several quick wickets soon followed. Oliver scored 5 before being run out and Sam went for 17 in what was a brilliant, patient innings. Jerrash hit one in the air and was caught for 4 runs, Ethan D was runout for 0 runs as was Marcus, Jimmy scored 1 run and Oscar was left not out on 2 runs. Westlawn were all out for 131 runs, 10 runs short of the winning target. Unfortunately, it was a defeat for Westlawn but what a game of cricket!

The team would like to thank Mr Dehnert for scoring the match and parents for driving us all the way to Port Macquarie and back. Thanks also to Taj who filled in as 12th man at late notice and did a magnificent job in the field.

It has been a pleasure to be involved with this talented group of cricketers in 2021. They have shown great enthusiasm for the game, clearly enjoyed playing together and have taken on board advice given to them. They support each other and are both great winners and losers. They are always polite, respectful and thoughtful in the things they say and do. The Lake

Cathie principal made a point of approaching me after the game to congratulate the Westlawn students on the way they conducted themselves throughout the day.

Well done boys! Scott Ogilvy

Lake Ainsworth Reminder

A reminder to Year 5 parents that planning for the annual Year 5 excursion to Lake Ainsworth Sport and Recreation Camp at Lennox Head is currently underway.

Details of the camp are:

Date: Monday 29 November to Friday 3 December 2021 (inclusive).

Cost: The final cost of the excursion will depend on the number of buses needed to transport students to and from the venue. The final price will include all meals, accommodation, transport, all activities and GST (where applicable).

A deposit of \$50 is required by Friday 3 September 2021 to confirm your child's seat and to enable us to finalise the total cost per student. A final payment date will be set soon after. Families have the option of paying online by following a link on our school website. Should this excursion be cancelled due to COVID-19 you will receive a full refund of all monies paid.

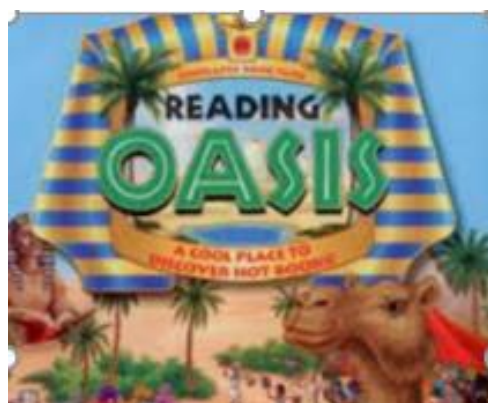
INFANTS STUDENTS OF THE WEEK



Book week is just around the corner, and we are celebrating books entering a Reading Oasis, discovery Old Worlds, New Worlds and Other Worlds. Please see below the many opportunities' students will have to enter an adventure. Please remember to look on Oliver library for a range of celebrations over the next couple of weeks. There are also many opportunities to engage in many adventures from reading an eBook, virtual visits to hands on activities. **To find Oliver Library go to your student portal and then on the left hand side you will find the link with a book case.**



More information will come out as we know more closer to the date, due to the current restrictions.



Book fair 2021 "It's not off – just delayed". We will have terrific books and excited readers in term 4! Unfortunately, due to the current restrictions our book fair is unable to reach us, but we have been able to secure it for Term 4 2021.

A PBL Message

Please reinforce our Positive Behaviours for Learning expectations with your children. When everyone Strives to Achieve PBL expectations we are all making a positive difference everyday, everywhere and every time.



Week 6 Focus setting: Bag Area

<i>The Westlawn Way</i> BAG AREA EXPECTATIONS	
Be a Learner	Be quick Be organised with your possessions Follow instructions Be ready for learning
Be Respectful	Speak in a calm and quiet way Respect your own and other students' belongings Wait and take turns Keep the bag area clean and tidy
Be Safe	Place your bag appropriately in the space Walk / no play Keep your hands and feet to yourself

Week 7 focus setting: Offsite Activities

<i>The Westlawn Way</i> OFFSITE ACTIVITIES EXPECTATIONS	
Be a Learner	Follow instructions Be ready for learning Stay focussed on the activity
Be Respectful	Use your manners Wear your uniform Respect community members Respect community property
Be Safe	Stay with your teacher Be in the right place Keep your hands and feet to yourself

Remote learning guidelines for parents and carers



Follow your normal routine



Support your child to eat breakfast, brush their teeth and get dressed in the morning.

Build in fun



Encourage your child to take some time to be creative. Draw, play with Legos or tune into the daily NSW Education livestream. For more ideas check out our list of activities for early learners and children in primary school.

Set up your workspace



Help your child set up a quiet space at a desk or table where they can work. If your child is using a computer, refer to the Learning environment checklist.

Online resources



Bookmark important pages like the Learning from Home hub where you'll find learning resources and packages to use with your child.

Eating and drinking



Prepare snacks and meals outside of school hours so you and your child can grab ready-made food. Encourage your child to drink water throughout the day.

Be flexible



Be flexible and work with your school during this challenging time. If you or your child are having trouble with a task, move onto something else.

Take breaks



Schedule in breaks for you and your child to grab a snack or do some stretches.



For more information and learning resources for your child check out Learning from home.

education.nsw.gov.au/parents-learning-at-home

Young children



If your child is young, don't feel pressured to re-create a 6-hour school day.

Time expectation for families

Early stage 1

Total hours per day:
2.5 hours per day
plus other activities.

Key focus areas – core teaching:

- 45-60 minutes of English activities.
- 30-45 minutes of mathematics activities.
- 30-60 minutes of activities across other KLAS (creative arts, HSIE, PDHPE and science/technology).

Additional learning:

- Other activities such as wellbeing, sport and physical activities, where social distancing allows.

Stage 1

Total hours per day:
2.5 hours per day
plus other activities.

Key focus areas – core teaching:

- 45-60 minutes of English activities.
- 30-45 minutes of Mathematics activities.
- 30-60 minutes of activities across other KLAS (creative arts, HSIE, PDHPE and science/technology).

Additional learning:

- Other activities such as wellbeing, sport and physical activities, where social distancing allows.

Stage 2

Total hours per day:
3 hours per day
plus other activities.

Key focus areas – core teaching:

- 45-60 minutes of English activities.
- 30-45 minutes of mathematics activities.
- 1-1.5 hours of activities across other KLAS (creative arts, HSIE, PDHPE and science/technology).

Additional learning:

- Other activities such as wellbeing, sport and physical activities, where social distancing allows.

Stage 3

Total hours per day:
3 hours per day
plus other activities.

Key focus areas – core teaching:

- 45-60 minutes of English activities.
- 30-45 minutes of mathematics activities.
- 1-1.5 hours of activities across other KLAS (creative arts, HSIE, PDHPE and science/technology).

Additional learning:

- Other activities such as wellbeing, sport and physical activities, where social distancing allows.

Stage 4

Total hours per day:
3.5 hours per day

Key focus areas – core teaching:

- 30-45 minutes of English activities.
- 30-45 minutes of mathematics activities.
- 90-120 minutes of activities from creative arts, HSIE, languages, PDHPE, science and technology and applied sciences.

Additional learning:

- Other activities such as wellbeing, sport and physical activities, where social distancing allows.

Stage 5

Total hours per day:
3.5 hours per day

Key focus areas – core teaching:

- 30-45 minutes of English activities.
- 30-45 minutes of mathematics activities.
- 90-120 minutes of activities from HSIE, PDHPE, science and electives.

Additional learning:

- Other activities such as wellbeing, sport and physical activities, where social distancing allows.

Stage 6

Total hours per day:
Students in Year 11 and 12 will follow their usual pattern of study


Major project requirements:

- Changes have been made to the requirements for major projects in some practical subjects.
- NESA will continue to provide updates around changes to major projects and/or assessments for specific subjects.

Community Notices



Department of Paediatric Dentistry
Sydney Dental Hospital





During these stressful and challenging times, it is easy to fall out of our regular routines.

Healthy routines can help us feel more calm and in control.

To help stay on track with a healthy routine, our Healthy Smiles Team would encourage you and your family to try:

THE "5:2" ROUTINE



Dietitian Lindy says:

5 means - no more than five eating times a day
(3 main meals + 2 mid-meal snacks)

Teeth need 2 hour breaks
Don't let your child snack and sip all day!

What is the "5:2" routine?

Oral Health Therapist Aylin says:

2 means - brush teeth twice a day
After breakfast and before bed time


Use your favourite soft toothbrush and a fluoride toothpaste

Dentist Elara says:

Practice the **5:2 routine** every day

To stay healthy and prevent decay!

HAPPY DENTAL HEALTH WEEK



KEEP YOUR SMILE FOR LIFE

Oral health is important for overall wellbeing!

BRUSH & FLOSS
Clean your teeth 2x daily

EAT HEALTHY
Avoid sugary & acidic food/drink

CHECK UP
Visit the dentist for regular check ups

ELIGIBILITY FOR PUBLIC DENTAL SERVICES

FREE

Children 0-18
with a MEDICARE Card


Adults
A MEDICARE card + Health Care Card or Pension Card

The 5:2 routine


5 MEANS
No more than five eating times a day
(3 meals + 2 mid-meal snacks).
Teeth need 2 hour breaks

2 MEANS
Brush teeth twice a day.
After breakfast and before bed time.

PRACTICE THE 5:2 ROUTINE
Stay healthy and prevent decay!



Health
Northern NSW
Local Health District



Northern NSW
Oral Health Services
1300 651 625



Public Dental Services

Provide both general and emergency dental services

Public Dental Services are free for all children under 18 with a Medicare card

Public Dental Services are free for adults with one of the following concession cards



Public Dental Services in NSW



To make a dental appointment, contact your local public dental service. They will ask for your Medicare card details. If you are an adult, you will also need your concession card details.

Help to access this service:

- In your language call Translating and Interpreting Services on **131 450**
- If you have a hearing or speech impediment call National Relay Service **1300 555 727**

Local Health District	Phone number
Sydney and South Western Sydney	(02) 9293 3333
South Eastern Sydney	1300 134 226
Illawarra Shoalhaven	1300 369 651
Northern NSW, Mid North Coast and Hunter New England	1300 651 625
Central Coast	1300 789 404
Northern Sydney	1300 732 503
Murrumbidgee and Southern NSW	1800 450 046
Western Sydney	(02) 8890 6766
Nepean Blue Mountains	(02) 4734 2387 or 1300 769 221
Far West and Western NSW	(02) 6809 8621 or 1300 552 626

Go to the closest hospital emergency department if you have:

- Swelling in your face or neck
- Bleeding from your mouth that will not stop
- A serious injury to your face

For more information visit our website on: www.health.nsw.gov.au/oralhealth

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CREATIVE KIDS

FOR KIDS FROM K-6

TIME: 5.30-6.30pm

PLACE: 116 OLIVER ST STREET,
GRAFTON PRESBYTERIAN CHURCH

COST: \$3

CONTACT: JAMES ON 0402 354 099

FRIDAY AUGUST 20TH

CREATIVE KIDS CLUB, A GROUP FOR CREATIVE KIDS K-6. ALSO HAVE AFTERNOON TEA AND SNACKS AND HEAR A COOL BIBLE TOPIC.

COVID-SAFE PRACTICES IN PLACE



2021 Sunday Series Concert Ryan Enns - Guitar featuring Greta and Oscar Enns

[Click here to purchase tickets](#)

CONCERT
Sunday 22 August
3.00pm
Moran Auditorium
Clarence Valley Conservatorium

TICKETS
\$20 adults
\$15 concession
\$10 under 18

[Click here](#) to view the 2021 Season including the new Sunday Series concerts.

CVCon guitar tutor Ryan Enns takes to the stage for the fourth Sunday Series concert.

Including the first 2 movements of the famous Concerto de Aranjuez, a wide variety of guitar pieces and some original compositions this will be an Enns family feast with special performances from Greta and Oscar.

Use your Dine and Discover voucher before they expire at the end of this month.



FREE WEBINARS FOR PARENTS – SUPPORT HEALTHY BODY IMAGE IN YOUR CHILD

01 SEPT 2021 (FREE)
7PM – 8.15PM
VIA ZOOM

Live – No recording
available

[BOOK NOW](#)



LET'S TALK BODY CONFIDENT CHILDREN AND TEENS

Delivered by Butterfly Foundation, this webinar for carers of primary and secondary age children provides practical tips to help you better understand and promote positive body image in the home and healthy eating and exercise behaviours. **Learn about:** the power of positive role modelling; reducing toxic body talk; developing resilience to social media pressures; and what to do if you are concerned. For a full session outline visit: www.butterfly.org.au

09 SEPT 2021 (FREE)
7PM – 8.15PM
VIA ZOOM

Live – No recording
available

[BOOK NOW](#)



LET'S TALK BODY IMAGE IN BOYS

For parents/carers of pre-teen and adolescent boys this webinar explores the challenges young males are facing and practical strategies to support the development of a healthy body image in boys. **Learn about:** the common concerns for boys and who is at higher risk; how stereotypes, social media and the sport and fitness industry drive appearance pressures; common signs that training, exercise and eating may be problematic; and what to do if you are concerned.

Links not working? Copy and paste into your browser:
<https://events.butterfly.org.au/portal>

These webinars are offered as part of Butterfly's *Body Kind Families* initiative designed to help parents support their teen's body image. Register for either webinar and gain automatic access to additional *Body Kind Families* resources – videos, worksheets, family activities and audio materials. For more information: www.butterfly.org.au/bodykindfamilies

Contact:

E: education@butterfly.org.au
T: 02 8456 3908
www.butterfly.org.au

nib foundation

Butterfly
LET'S TALK eating disorders