FROM THE PRINCIPAL

Father & Son Camp Out – A Great Success!
This event was again an outstanding success. It was a great night enjoyed by everyone. I would like to thank Mr. MacSporran for his organisation of the wonderful event. He has done a tremendous job once again. Thank you also to Mr Short, Mr Freney and a number of teachers and parents who helped out in various ways.

Year 2 to 3 in 2015 - NEW Transition Program
Thank you to the Year 2 parents who attended our first information evening for our new Transition Program, about what to expect when their children go to Year 3. The evaluations were very positive and parents commented on how informative they found the session. Thank you to Mrs Ilana Shelton for organizing this new school initiative.

‘Parent/Volunteers Thank You Evening’ – Tuesday 25th November, 7.30pm
A reminder, that on Tuesday 25th November at 7.30pm, we will be holding a ‘Thank You Evening’ to thank our wonderful helpers. Please send in your RSVP by Friday 21st Nov (this week). I look forward to seeing many of our parents and volunteers on the night.

Please Note: Parents are asked not to bring their children on the night as we are not able to have alcohol at a school function where children are present.

YMCA Vacation Care - Update
In response to the number of parents who have requested that Vacation Care be re-introduced, I have had two meetings with the YMCA Director of Children’s Services. As a result, an Expression of Interest will be sent out to all parents early in Term 1 next year to gauge interest for a vacation service. If the minimum number of enrolments are received, the service is likely to be run in the Easter Holiday break in 2015.

Annual ‘Parent Satisfaction’ Survey
Our second parent survey for the year is the ‘Parent Satisfaction’ survey which is accompanying our newsletter today. Survey completion is optional but it is hoped that you will take a few minutes to fill in the form and return it to school. Our data will be more accurate if a high proportion of parents complete the survey. Please return the survey by Wednesday 3rd December.

Whooping Cough – Public Health Alert
Since June this year, there has been a steady increase of whooping cough notifications to Western Sydney Local Health. Please read the emailed copy of ‘Whooping Cough – Public Health Alert’ which schools have been asked to send out to parents. It will also be available on our website.

Maxelle Matthews

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Page 7: P & C News
Page 8: Classes of the Week 5/6R & 5/6S

CALENDAR
Week 7
Friday, 21st Nov
Twilight Markets - 7pm

Week 8
Tuesday, 25th Nov
P & C Meeting - 7pm
Parent Thank You Evening – 7.30pm
Wed, 26th Nov
Band Concert – 6.30pm
Wed, 26th - Fri 28th Nov
Support Unit Camp – Myuna Bay

Week 9
Monday, 1st Dec
Kinder 2015 – Parent Information Evening – 7pm
Wednesday, 3rd Dec
High School Orientation Day
Thursday, 4th Dec
Year 6 Bazaar
Friday, 5th Dec
K-2 Christmas Concert & Yr 2 Presentation

Week 10
Monday, 8th Dec
Last day for Band
Tuesday 9th Dec
Yr 3-6 Presentation Day 9.30am
Wednesday, 10th Dec
Band Party Day
Thursday, 11th Dec
Year 6 Farewell – 5.30pm
Friday, 12th Dec
Yr 3-6 Special Awards Assembly 9.30am
Friday, 12th Dec
Reports sent home

WHAT’S DUE?
Friday, 21st Nov
RSVP ‘Parent Thank You Evening’
Tuesday, 2nd Dec
Swimming Scheme – Yr 2 & Support
Wednesday, 3rd Dec
Parent Satisfaction Survey
Thursday, 4th Dec
Sausage Sizzle order

ACCOMPANYING NOTES
- Swimming Scheme 2015 – for Year 1 (Year 2 2015)
- Parent Satisfaction Survey
- Year 6 Raffle Tickets
- Bazaar Day Sausage Sizzle Order
- Whooping Cough – Public Health Alert (see email)
- Yr 2 to 3 Transition - Parent Information

Community Notices (email only)
- Go4Fun program
- Carols at Government House
- Winston Hills Netball
- Scout Promotion Day
FROM THE DEPUTY
Our New Grass
Our new turf is growing beautifully behind the barrier fencing and should be ready by mid next week. The students are congratulated for their patience as they have waited for a chance to play on this rejuvenated part of the playground.

Year 2 2015 Students Wishing to Attend the Year 3-6 Swimming Carnival
Over the last two years we have invited Year 2 students who had the potential to succeed at the district athletics carnival, to the school’s primary carnival, to give them an opportunity to compete in the 8 year events. We are extending that invitation to students who will be in Year 2 in 2015, who will turn 8 that year and are especially talented swimmers to attend the 2015 Primary Swimming Carnival. Interested parents are asked to contact me for details and notes.

Dental Checks
The scheduled dental checks will start this week with Kindergarten and Year 1 having their sessions on Thursday. The other grades will be having their chance on November 27 and December 3. Please return the notes as soon as possible to ensure your child receives this free service.

Years 2-3 Transition Program
Mrs Shelton and the Stage 2 team are continuing to roll out the inaugural Year 2-3 Transition Program.

This week the Year 2 students will have another chance to be playing in the primary playground. By the time they move to Year 3, these students will be seasoned experts.

Prefect Elections
Year 5 students wanting to apply for a student leadership position in 2015 have submitted their self-nomination forms and the children hoping for a prefect position, delivered their speeches to Year 5 this morning as part of the selection process. Congratulations to these students who should be proud of their efforts. It was great to see the large numbers of students “Throwing their hat in the ring”.

SRC Fundraising – Lunchtime Discos
The SRC discos have been a huge success with Kindergarten attending last week and Stage 1 attending today. Years 3-6 will be having their turn over the next two weeks.

Winston Winners
Congratulations to Jessica Little who will be playing a role in a major production at the Parramatta Riverside Theatre. What a wonderful opportunity!

Congratulations is also extended to Daniel Toole who was placed first in the state for the ICAS Year 2 Mathematics Competition- A huge accomplishment.

And well done to the following students who achieved great results in the ICAS English Competition.

- Distinctions
  Daniel Toole, Emma Wilson
- High Distinction
  Frangi Giang

Ian Short

K-2 CHRISTMAS CONCERT & YEAR TWO PRESENTATION DAY
Please come along and join us for our K-2 Christmas Celebration to be held under the Primary Shade-port on Friday, 5th December, beginning at 9.30am. We hope to see lots of parents, grandparents and friends dressed in Christmas clothes ready to sing and dance with us all. Year 2 students will receive their presentation certificates at the completion of the Christmas Concert.

GIVING TREE K-6
On Friday, 5th Dec as part of the K-2 Christmas Concert, the children are asked to bring along a present to go under the ‘Giving Tree’. The presents will be collected by the Salvation Army for distribution to children in the local area. The Salvation Army requests that presents not be wrapped but would be very grateful to receive any donations of gift wrapping or cards.

Erin Rafferty

WINSTON IDOL
Just a reminder that auditions are happening on Tuesday and Thursday, this week (Week 7) and next week (Week 8,) at lunch time in the Old Hall. Please come prepared with music and any props needed. We look forward to seeing the many exciting and wide variety of acts!

Mrs Shelton, Mrs Rafferty and Ms Buyruk

STAGE 2 SPECIAL ASSEMBLY – ‘CELEBRATION OF THE ARTS’
A reminder to all Stage 2 Parents and Caregivers, that we will be having a special ‘Celebration of the Arts’ Assembly, this Thursday in the Hall at 2pm. We look forward to seeing you there!

Mrs Shelton

SPECIAL SWIMMING SCHOOL – 2015
The Department of School Education Special Swimming Scheme is an intensive learn to swim program which develops water confidence and provides students with basic skills in water safety and survival. The scheme is conducted in Term 1 over ten days, with each daily lesson lasting forty minutes.

Students who have not reached a satisfactory standard of water safety and survival skills, and are unable to independently swim 25m, are eligible to participate. Students who will compete in a 50m race at the 2015 swimming carnival will not be eligible to participate in the scheme. The scheme focuses on students in the Support Unit and Year 2 in mainstream. However, students in Year 3 (and possibly Year 4) will be given the opportunity if vacancies become available after the due date (Tuesday 2nd December).

Permission notes are being sent home to students in Year 2 and the Support Unit today.
### PSSA

<table>
<thead>
<tr>
<th>Round 12</th>
<th>Round 13</th>
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<tbody>
<tr>
<td><strong>Friday, 7th Nov</strong></td>
<td><strong>Friday, 14th Nov</strong></td>
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<tr>
<td><strong>Cricket</strong></td>
<td><strong>Cricket</strong></td>
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<tr>
<td>Jnr’s Vs North Rocks PS draw 58-58</td>
<td>Jnr’s Vs Matthew Pearce PS lost 47-59</td>
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<tr>
<td>Snr’s Vs North Rocks PS win 65-38</td>
<td>Snr’s Vs Matthew Pearce PS lost 35-52</td>
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<tr>
<td><strong>Softball</strong></td>
<td><strong>Softball</strong></td>
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<tr>
<td>Snr Boys Vs Matthew Pearce PS lost 1-9</td>
<td>Snr Boys Vs North Rocks PS lost 9-8</td>
</tr>
<tr>
<td>Snr Girls Vs Mathew Pearce PS won 12-7</td>
<td>Snr Girls Vs North Rocks PS lost 0-14</td>
</tr>
<tr>
<td><strong>T-Ball</strong></td>
<td><strong>T-Ball</strong></td>
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<tr>
<td>Jnr Boys Vs Matthew Pearce PS won 8-5</td>
<td>Jnr Boys Vs North Rocks PS won 14-6</td>
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<tr>
<td>Jnr Girls Vs Mathew Pearce PS won 2212</td>
<td>Jnr Girls Vs North Rocks PS won 21-18</td>
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<td><strong>Touch Football</strong></td>
<td><strong>Softball</strong></td>
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<tr>
<td>Jnr Boys Vs Matthew Pearce PS lost 1-4</td>
<td>Snr Boys Vs Matthew Pearce PS lost 9-8</td>
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<tr>
<td>Jnr Girls Vs Matthew Pearce PS</td>
<td>Snr Girls Vs North Rocks PS</td>
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Father and Son Camp Out – 2014

Our annual Father and Son Camp Out on Friday 7th November was a raging success with 310 campers enjoying a memorable night of fun, excitement and very little sleep.

The playground started filling up with tents at 4.00pm and by 6pm it had been transformed into an official campsite. Tents of all shapes and sizes were pitched, from the very modest to the fully-equipped, with many tents sleeping more than one family.

It was great to see dads catching up with each other while completing the most manly of duties: setting up a tent and preparing a campsite!

Kerry Seymour and Corina Best volunteered as chefs for the night and did a fantastic job of cooking our feast and helping to serve the food. After dinner, there were organised games of soccer and cricket and the boys and dads had a great time. Following this was the presentation and raffle draw, with about 50 prizes won, including Lego, sporting equipment, vouchers, skateboards and toys. Afterwards, all the boys were given glow sticks, resulting in hours of fun in the playground and in tents.

The dads also won lots of prizes – clothing, coolers, Big W vouchers and camping equipment. Many of these were generously donated by families from our school.

It was a beautiful clear night and the boys ran themselves silly until about midnight, fuelled by cordial, ice-blocks and adrenalin. By this time most campers were in their tents - some tired; many still too excited to close their eyes. After a very brief and interrupted 'sleep', the sound of kookaburras and trucks on the M2 could be heard. It was 5.30am and time to get up!

Another marathon barbecuing effort was needed to cook the bacon, eggs and pancakes for breakfast and thanks to the many dads who helped out with cooking, food preparation and clean up.

Through your generosity we also raised $326 for Movember, helping men suffering from prostate cancer and depression. This is a great cause and one we support every year at the Father and Son Camp Out.

A big thank you to all the families who donated money and prizes for the raffle. Your assistance is always appreciated and it helped make the night a great success. A special mention to Ian Short and Steve Frenney who gave up their time and volunteered to coordinate games of soccer and cricket.

Finally, thank you for all the positive feedback from the camp out over the last 8 years. It has grown into a wonderful community event and I have enjoyed giving fathers and sons an opportunity to experience a special night together.

David MacSporran
BAND NEWS

End of Year Celebration
The annual band gala evening will be held on:

- Wednesday 26th November at 6.30pm in Hall

Please Note - End Of Year Celebration Evening:

- Full band uniform to be worn please. T-shirts will be issued upon arrival.
- The afternoon session times on Wednesday 26th November for ALL students will be 3-4.30pm. During this time all children will be required to be present for a rehearsal. Providing a small snack for afternoon tea for your child is recommended.
- Don't forget to RSVP by Wednesday 19th November.
- The date in the Term 4 school calendar of 19th November is incorrect. The end of year celebration night will only be held on Wednesday 26th November

<table>
<thead>
<tr>
<th>Training Band times</th>
<th>School Band times</th>
<th>Performance Band times</th>
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<tbody>
<tr>
<td>3pm - 4.30pm</td>
<td>3pm - 4.30pm</td>
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ALL children will be picked up from the new hall at 4.30pm and returned (dressed in FULL band uniform) to the new hall at 6pm.

Term 4 Fees

Term 4 fees are now OVERDUE, please ensure these are paid asap in order for our treasurer to finalise 2014 books.

WOULD YOU LIKE TO BE PART OF OUR BAND IN 2015?

To those students in Years 3 in 2015 and beyond who may wish to become part of our school band in 2015 and you missed the Band information evening, please contact the band committee at bandwhps@gmail.com or come and see us new school hall Mondays or Wednesdays 3-5pm to express an interest. But be quick spots are filling fast!!!!

PARENT TIPS

Maths at Home

Kids’ early experiences with measurement are often based on watching their parents. Seeing mum or dad measure and pour ingredients for a recipe or weigh items at the fruit shop will often become part of their play.

Helping kids manage anger

Kids need to learn that anger can be expressed in ways that are not hurtful to anyone including themselves.

Managing anger is one of the biggest emotional issues that children face. Children who can learn to manage their anger have a head start on handling fears and other emotions.

Currently, our community is undecided about how to handle anger. In fact, anger is discouraged as we see no place for it in homes, schools or community. ‘Civilised people don’t get angry’ seems to be the accepted wisdom so we tend to encourage children to bottle up anger rather than let it out.

Anger needs to be managed, rather than simply avoided. Bury anger deep down and it will go away is the attitude! This doesn’t work for many children as bottled up emotions don’t always dissipate. They simmer away, eventually spilling over into physical violence or hurtful verbal abuse, which so often backfires on the angry person.

Kids need to learn that anger can be expressed in ways that are not hurtful to anyone including themselves. Here are six steps that parents can use to help kids of all ages keep their emotions under check and respond safely when emotions run high:

1. Understand It: Help kids understand the events and situations that trigger angry responses. These situations will vary, but may include, playing rough games, not getting their own way and being teased by others. Help kids to reflect on the events that trigger a ‘wobble’, so they can take preventative measures. This type of self-knowledge is really helpful for older primary school children and teenagers.

2. Name It: Help them recognise the physical signs of anger, such as clenched fists and teeth, tension around their shoulders and heavy breathing. Then assist them to develop a vocabulary around anger. “Mad as a snake”, “about to lose it”, “throwing a tantr” are some possibilities. Children can probably generate more! Naming emotions promotes good emotional literacy in kids.

3. Diffuse It: You need some strategies to diffuse anger and bring down emotional levels in kids. Distraction and time out can be effective for toddlers with short fuses, and even shorter attention spans. For older children, parents should use diplomacy rather than discipline. You may need to give some kids some space on their own before attempting to talk. Listening to their story, validating their right to be mad and focusing on feelings are some ways to diffuse anger. Sometimes knowing that someone else knows how you feel is enough to make anger go away.

4. Choose It: Help children understand that they do have a choice about how they respond to their anger. They may feel like lashing out, but they don’t have to get physical or verbally aggressive when they get angry. Let kids know in clear terms that slamming doors, throwing things and refusing to cooperate are the wrong ways to display anger. Help them understand that while you are on their side, as they mature they need to choose socially acceptable ways of handling anger.

5. Say It: Encourage children to express how they feel verbally, rather than bottle things up or become aggressive. The use of I statements is one way of letting others know how they feel. “I feel really mad when you say nasty things to me, I really don’t like it!” is one way of being heard and letting the anger out.

6. Let it out safely: Boys, in particular, need physical outlets for pent up anger. They may go for a run, belt a pillow or play a physical game to let their frustration out. Some kids may even pour their anger into a letter, some work on a productive activity.

Parents need to role model healthy anger management so children see firsthand how adults handle anger in mature ways. That means parents take time to listen to each other, talk things through and find healthy physical ways to let off steam when you feel yourself getting to boiling point.

The maxim for families who want to learn to manage anger in healthy ways should be: “There is nothing so bad that we can’t talk about it. However there are behaviours that are not acceptable.”

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For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au

PO Box 167 Balranning VIC 3926    P. 03 5983 1798    F. 03 5983 1722    E. office@parentingideas.com.au

P & C

Final P&C Meeting for 2014
- Tuesday 25th November at 7pm in the Staff Room
Our next meeting will be the final P&C meeting for the year. It will be a short meeting ahead of the ‘Parents and Volunteers Thank You’ at 7:30.

I look forward to seeing you there.
Vincent Riordan
President

UNIFORM SHOP

Opening Hours
Open during School term every Thursday morning’s 8.40-9.30am. 1st Thursday night of each month 6.00-7.00pm

Uniform Shop Sale
- Vneck Jumpers on Sale, only Size 4 left - were $15 now $10
- Girls socks: 1 Pair $3  5 pairs $10
- No green hats until further notice.

Rosters
20/11/14: Belinda Schuster, Donnelle Tamin., Jane Nguyen
27/11/14: Fiona West & Donelle Tamin

Alterations
For all alterations to school uniforms, please drop your clothes off at Uniform Shop on Thursdays. Finished alterations will be available for pick up the following Thursday. Thanks to Bernice Harker for this service who is also donating 10% of sales back to the school.

Uniform Shop Contact Details
Please email Kellie Bramble or Irish Lewis at kellie_irish@live.com to place an order or for any enquiries.

BOOK CLUB NEWS

Orders for the last issue of Book Club will be taken on Friday 21 November from 8.40-9.15am. Payment can be by cash, cheque (made payable to Winston Hills Public School) or by credit card. Credit card payments will need to be done online or by phone prior to Friday 21 November.

I am also very excited to announce that we are also trialling a new online ordering and payment system for Book Club giving parents another option to enjoy the benefits of Book Club. If you are wanting to order online please go to http://parentpayments.scholastic.com.au and type in Winston Hills Primary School in the School Name and you will be redirected to the new ordering system.

If you have any problems please give email me at sarah.johnstone@iinet.net.au.

Sarah Johnstone
Book Club Coordinator

BOOK CLUB

Parent Online Ordering and Payment Trial

We are trialling a new online ordering and payment system for Book Club. Below are instructions to help you out with the new system. If you have any problems you can call Book Club on 1800 021 233 or email me at sarah.johnstone@iinet.net.au.

2. Click Pay Now.

Make sure you have chosen NSW as your state and start typing Winston Hills Primary School and then select from the list.

4. Once you have selected the school you will receive the following message and will be redirected to the online ordering system which has instructions for the rest of the process.
5/6R & 5/6S – Real Role Models and Spectacular Students!