FROM THE PRINCIPAL

Parent Morning Tea – Topic: Anxiety & Building Resilience in Children
We had a special guest speaker presenting at our Parent Morning Tea on Friday last week. Dr Sally Fitzpatrick presented an interesting and very informative talk to the parents on 'Developing Resilience in Primary School Children'. In particular, she focused on how anxiety can affect children and provided some practical tips to assist parents on how to manage anxiety in their children. The parents who attended commented on how very worthwhile they found the session. Related to this issue of anxiety, please read the Michael Grose article on page 4 about 'Raising Calm Kids'.

Parents - Year 3 & 4 ONLY
Our school has agreed to take part in PAVe, ‘Preventing Anxiety and Victimization through Education’. Dr Sally Fitzpatrick is conducting this exciting new research project taking place in NSW and WA primary schools. The purpose of the project is to evaluate two interventions that enhance students’ social and emotional learning and foster the prevention of bullying behaviours. The research project will target the current students in Years 3 & 4 for the next 2 years.

A parent and student information letter and consent form for the project was sent home with students in Years 3 and 4 with the last newsletter. Parents in these grades are asked to discuss this project with their son or daughter and return the completed consent form to their child’s teacher as soon as possible.

It’s that time again when we are gathering information to write our new school plan for the next 3 years. This is a time when we ask parents, teachers and students to provide us with some feedback on various aspects of educational programs and school life at Winston Hills PS. The first of these simple parent surveys is accompanying our newsletter today and asks parents to rank a series of statements about Teaching, Learning and School Culture. 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 Friday 22nd August.

P&C Donation – New Shade Cover for the Sandpit
Thank you to the P&C who have agreed to fund $19,000 towards the cost of a new shade cover to be erected over the sandpit. Funds raised through our recent Dance-a-thon made this donation possible. The school will make up the difference of $10,000 so that this important project can be completed in coming months.

Maxelle Matthews
FROM THE DEPUTY

PBL Focus - Including Others in Games
Over the next week the teachers will be finding teachable moments in the playground when they can remind kids about the need to take turns, include others in the game they are playing and share the playground space. This will become even more important for the primary playground in the next few weeks when the grass area near the cricket nets receives a desperately needed make-over with new turf being rolled out and fenced off. It has been great to see the kids finding appropriate spaces to play their games and become more inclusive.

Hills Performing Arts Festival – Friday 5th Sept
With a little over three weeks to go our dance groups and choir members are putting the final touches on their performances and Ms Downton is busily coordinating the Friday night concert. Parents are asked to read the information sheet included in this newsletter and are reminded that tickets went on sale last Friday and are selling fast. More information about costume requirements will be sent home shortly.

Premiers Sporting Challenge
All the kids are working hard to accrue as many hours as possible being active in the Premiers Sporting Challenge. This week should see a big spike in sporting activity with the successful Cricket Gala Day yesterday and with our netballers toiling hard in the PSSA finals. Congratulations to the Senior Girl Cricket team, who won the Milo Cup competition and is advancing to the regional finals and good luck to our netballers- 3 semi finalist teams and one in the final.

Teacher Professional Learning
The teachers at Winston Hills continue to refine their skills with numerous on-going professional learning opportunities. This term has seen many teachers taking part in a team teaching program where staff pair up with colleagues with a specific area of expertise and teach one of their classes together. Focus areas for this term include:
- Gifted & Talented Education
- Formative assessment
- Mathematics
- Ipad integration.
- Stage 3 and Early Stage 1 are also continuing with the ‘Lesson Study’ program where teachers are given a chance to collaboratively plan a mathematics task and observe a teacher delivering the lesson.

All these opportunities allow teachers to be critically reflective on their own practice and continually improve their day to day teaching. From the positive feedback and the number of teachers asking to be on the waiting list, it is obvious that our kids are in the hands of truly enthusiastic professionals.

Ian Short

PSSA SPORT RESULTS

<table>
<thead>
<tr>
<th>Round 13</th>
<th>Semi Final Round</th>
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<tbody>
<tr>
<td><strong>Friday, 1st Aug</strong></td>
<td><strong>Friday, 8th Aug</strong></td>
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<tr>
<td><strong>Football</strong></td>
<td><strong>Netball</strong></td>
</tr>
<tr>
<td>Jnr’s Vs Carlingford West</td>
<td>Jnr A’s Vs Matthew Pearce</td>
</tr>
<tr>
<td>PS lost 2 - 3</td>
<td>PS won 4-1</td>
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<tr>
<td>Snr’s Vs Carlingford West</td>
<td>Jnr B’s Vs Excelsior PS</td>
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<tr>
<td>PS won 6–0</td>
<td>lost 2-4</td>
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<tr>
<td><strong>Netball</strong></td>
<td><strong>Jnr A’s Vs Jasper Rd PJ</strong></td>
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<tr>
<td>Jnr B’s Vs Jasper Rd PS</td>
<td>Snr A’s Vs Sherwood Ridge</td>
</tr>
<tr>
<td>won 7 -1</td>
<td>PS won 9-11</td>
</tr>
<tr>
<td>won 4-1</td>
<td>Snr B’s Vs Glenhaven PS</td>
</tr>
<tr>
<td><strong>Snr A’s Vs Jasper Rd PJ</strong></td>
<td>lost 3-11</td>
</tr>
<tr>
<td>won 5-4</td>
<td><strong>Newcombe Ball</strong></td>
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<tr>
<td>Snr B’s Vs Jasper Rd PS</td>
<td>Jnr’s Vs Carlingford West</td>
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<tr>
<td>won 2-4</td>
<td>PS win 59-50 3 sets to 0</td>
</tr>
<tr>
<td><strong>Snr A’s Vs Jasper Rd PJ</strong></td>
<td>Snr’s Vs Carlingford West</td>
</tr>
<tr>
<td>won 5-4</td>
<td>PS lost 46–63 1 set to 2</td>
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<tr>
<td><strong>Snr B’s Vs Jasper Rd PJ</strong></td>
<td><strong>Rugby League</strong></td>
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<tr>
<td>lost 2-4</td>
<td>Jnr’s Vs Matthew Pearce</td>
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<tr>
<td><strong>Snr A’s Vs Matthew Pearce</strong></td>
<td>PS lost 4-20</td>
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<tr>
<td><strong>Snr B’s Vs Glenhaven PS</strong></td>
<td>Snr’s Vs Matthew Pearce</td>
</tr>
<tr>
<td><strong>Snr A’s Vs Matthew Pearce</strong></td>
<td>PS lost 0-30</td>
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</tbody>
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STAGE 3 UPCOMING EDUCATIONAL TOUR OF CANBERRA

On 10th September, Stage 3 students from our school will be undertaking an overnight educational tour of the national capital. Students will be given the opportunity to participate in a variety of educational programs with a focus on Australia’s history, culture, heritage and democracy. The Australian Government recognises the importance of young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Government is contributing funding of $20 per student under the Parliament and Civics Education Rebate program towards these costs. The rebate is paid directly to the school upon completion of the excursion. The rebate has already been applied to the excursion cost which has reduced the total amount from $340 to $320.

Kinder Enrolments for 2015

If you are aware of in-area children intending to enrol for next year (who haven’t already done so), please advise them to contact the school as soon as possible to fill in enrolment forms.
SCHOOL NEWS

KINDERGARTEN COMMUNITY WALK

On Thursday 7th August the students from Kindergarten participated in a local area community walk. We had a wonderful time walking the perimeter of our school observing the plants along the way and discussing how they change over time. All the Kindergarten children were very excited to see that wattle had begun to bloom in a few places on our walk. When we arrived at Timber Getters Reserve we all put down our towels and teddies and enjoyed some fun activities.

The students (and teddies) loved playing musical hoops and all the teddies loved playing throw and catch. Kindergarten students and teachers very much enjoyed our picnic in the park. All the students in Kindergarten participated in measuring activities in the classroom. We lined up our teddies from largest to smallest, compared towels and saw how many teddies could fit on a towel. We had a great day!

Erin Adams
Assistant Principal (Kindergarten)

STAFF NEWS

Congratulations to Mrs Whittingham and Mrs Parnis who have both recently had a new baby.

- Liam Thomas Whittingham was born on Monday, 2nd June. He weighed 3.8kg ad was 50cm long.

- Lauren Emily Parnis was born on Monday, 16th June. She weighed 3.540 Kg and was 52 cm long.

The simplest way…to bust after school hunger

Try these great fruity recipes that will keep your child satisfied until dinner time.

Raisin Toast Rippers
2 slices raisin toast topped with banana and a drizzle of honey.

Krany Kebabs
Fruit skewers with watermelon, grapes, rockmelon, & strawberries, served with reduced-fat yoghurt for dipping.

Fruity Smoothie
250mls reduced-fat milk
1 handful of berries
1 banana chopped
Place into blender and mix

For more information visit www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

NSW Department of Education and Communities
Living and learning together
Raising calm kids

With childhood and adolescent anxiety on the rise there’s a simple but powerful technique that all kids should practice. Parentingideas contributor Dr. Jenny Brockis explains the link between quiet time and the development of calm in kids.

Let me share the stories of two very different kids who shared a common challenge.

The first is Isabel. From her first day of child care, Isabel would cry incessantly when her mum tried to leave. In primary school she made a number of friends but lacked self-confidence. By the time she was in secondary school, she was known as a bit of a loner. In Year 10, Isabel started missing school.

The second child is Jamie, who was always a bundle of energy. He had continuous ‘ants in his pants’. His hyperactivity led him to be assessed for attention deficit disorder, though this was ruled out. His teachers found his classroom antics difficult; he would constantly distract the other kids and muck about. Jamie ended up being suspended from school.

As you can see, Isabel and Jamie were two very different kids. But the challenge they faced was eventually recognised as being the same: anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out. In a constantly connected world what we need is more balance.

So what can we do to help our kids restore this balance?

One of the most effective ways is to help children to know how they can proactively quieten down their mind, especially if it’s making them feel mad or sad.

You can teach your kids how to enjoy quiet time. Here’s a technique that works well.

TIPS FOR QUIET TIME

1. Choose a time that suits you and your child. Morning or evening, just what ever works best for you as a family.

2. Schedule in ten to fifteen minutes for the practice. You may need to start with just two to four minutes at first.

3. Find a place that allows your child to stay quiet. This could be their bedroom or any other room in the house that they like being in and in which they can feel relaxed.

4. They can choose to sit or lie down on a blanket or rug on the floor. Try to avoid their bed as they may fall asleep, which isn’t the purpose of the exercise. Get them to gently close their eyes or look down towards the ground. Now it’s time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Get them to do this two more times.

5. After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next ten breaths, direct their focus to the rising and falling of their chest or tummy.

6. The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or elsewhere and then, on each breath out, to let all that tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.

7. Continue with the breathing exercise until you reach the end of your allotted time. When it’s time to stop, your child can just open their eyes, wriggle their toes and fingers and after a moment or two get up to resume the rest of their day.

Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.
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

New Uniforms
- Raincoats $17
- Scarfs $10

Rosters
- 14th August: Belinda Schuster, Janine Cameron & Jane Nguyen
- 21st August: 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 at kellie_irish@live.com to place an order or for any enquiries. Email orders can be delivered to your child’s class on Thursdays only.

P&C FUNDRAISING

Bargain Buys Bus Shopping Trip:
See the attached note. Get in quick to secure your seat.

Heather Brae Slice Drive:
Due to the overwhelming success of last years drive, it’s on again this year, more details in the next newsletter.

Fathers Day Stall:
Will be held on Thursday 4th September. More details in the next newsletter.

Fundraising Committee

FATHER’S DAY BREAKFAST
Thursday, 4th September, 2014
8.00 am – 8.50am
A note has been sent home today.

BAND NEWS

NSW UNI Band Festival
A huge congratulations to all of the bands on their achievements at the recent NSW UNI Band Festival.
- Training Band- A Silver Award
- School Band- A Silver Award
- Performance Band-A Gold Award.

A very special thanks to Liam Connelly who was invited to play tenor sax in both the training band and school band. Aaron McBriarty, Kai Le Quesne and Fintan Riordan who in a short amount of time learnt how to play keyboard! Well done boys!

Bowling Fundraiser
Saturday 5th September - don’t forget tickets only available until 15th August. Have you booked your ticket yet?

Friends and family members of band students most welcome, remember too no bowl no ticket needed!!!

Save the Following Dates:
More details to come closer to the event.

Training Band
- Sunday 12th October-local community event
- Sunday 26th October-festival/competition

School Band
Sunday 12th October-local community event
Sunday 26th October-festival/competition

Performance Band
- Friday 19th September (after school) - TBC local community event
- Sunday 12th October - local community event

Band Committee

K-2 Athletics Carnival

Friday, 15th August
10am for spectators
(all students are required to be at school by 8.50am)
Max Ruddock Reserve

Parents, Grandparents and Friends are invited to join us to watch all K-2 children participate in a fun day of athletics. Bring rugs, chairs, cameras and a picnic for morning tea and lunch.

All students are asked to wear sports uniform and bring along their morning tea, lunch and a drink in an excursion bag.

Please make sure all clothing items are labelled so that we don’t have lost property at the end of the day.
Enjoy some of the beautiful artworks produced by the students of 3SK.

Watch out for the Enormous Crocodile! ... He likes to play tricks on you!