PRIMARY NEWS
TERM 4, WEEK 7

Cuppa and cake
Thank you to all of those family members who were able to attend our Cuppa and Cake session. It was fantastic to see some new faces and discuss some fresh ideas for our school. These will be held once a term on Cake Day. We hope to see even more people next year so we can continue to grow our community.

Kinder 2015
Our kindergarten class of 2015 wrapped up their Orientation sessions on Wednesday. Kinder 2014 hosted a very special assembly where our new students performed. We look forward to seeing them again next year!

Movie Fun Day
If you have not done so already please return your child’s note and money so they can attend our special end of year fun day. If you need another note these are available on our website.

UNSW Maths Competition
Congratulations to Luke Burton who received a distinction in this year’s UNSW Mathematics Competition. This is such an excellent achievement!

Dates to Remember

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<tr>
<th>Event</th>
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<tr>
<td>Yr 6 Orientation</td>
<td>3rd Dec</td>
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<td>K-2 Dinosaur Day</td>
<td>3rd Dec</td>
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<td>Volunteer Helper Morning Tea</td>
<td>5th Dec</td>
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<td>Movie Fun Day</td>
<td>9th Dec</td>
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<td>Yr 5-6 Mingara Fun Day</td>
<td>10th Dec</td>
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<td>Yr 6 Farewell</td>
<td>11th Dec</td>
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<td>Presentation Morning</td>
<td>15th Dec</td>
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<td>Class Parties</td>
<td>16th Dec</td>
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<td>Last Day of School for students</td>
<td>17th Dec</td>
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TERM 4 Assembly Roster

<table>
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<tr>
<th>Week</th>
<th>Date</th>
<th>Assembly</th>
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<tr>
<td>7</td>
<td>21st Nov</td>
<td>K/1S</td>
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<td>8</td>
<td>28th Nov</td>
<td>K</td>
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<tr>
<td>9</td>
<td>5th Dec</td>
<td>2/3S</td>
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<td>10</td>
<td>12th Dec</td>
<td>6M</td>
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Hands-On Learning

Students in 2G and 2/3S opened their own store this week in order to learn about money, addition and subtraction. The students had lots of fun learning, which is the way we like it at WCS!

Rotary Awards

On Wednesday evening Mrs Farrelly and myself had the opportunity to attend the Annual Rotary Primary Citizenship Awards. Year 6 students Sarah Catsledine and Zephyrn Purins were recognised for citizenship, leadership and commitment to the values of Wadalba Community School. Mrs Karen McNamara attended as a special guest to present these prestigious awards. In her opening address Mrs McNamara recognised Wadalba Community School and the close relationship she has with the staff and students. She recognised Zephyrn for showing initiative when contacting her about new flags for our school, which she later came in presented to our school leaders. It was a great night that recognised the inspiring student leaders on the Central Coast. Congratulations Sarah and Zephyrn.  

Mrs Natalie MacDonald

Year 6 Sports Day- 19th November

OzTag Gala Day

On the 6th and 13th of November, 38 Stage 2 & 3 students attended an Oz tag Gala Day at Adcock Park, Gosford. On both days, the students displayed excellent sportsmanship and it was a privilege to watch the students play and enjoy themselves so much. A big thank you to the parents who volunteered to transport our students and assist at the event, as without you, our students would not be able to participate in these extra curricula activities.  

Mrs Melinda Farrelly
Leadership Discussion with Madam Speaker, the Hon. Bronwyn Bishop

On 21st November school representatives visited Wyong High School to meet that honourable Mme Speaker Bronwyn Bishop which was on an honour for them. Once we arrived at Wyong High School some students showed us to a staffroom where we waited until 10:30. At 10:30 the Honourable Mme Speaker arrived at the school. She gave a speech about how Parliament works. Each school has one or two representatives which were chosen to say a speech about their school. The representative for our school was Sarah. She explained how our SRC system works and about our new Wadalba Cup idea. Once all the schools did this speech it was question time. Each school asked a question to Mme Speaker. Zephryn asked what was the hardest part of her job. Mme Speaker said that the hardest part of her job was all of the security and police officers with revolvers and rifles at parliament. Once she finished answering the questions we got a school photo with Karen McNamara and Mme Speaker. Overall we had a great day.

By Zephryn Purins, Sarah Castledine, Aaron Webb-Wilson, Caitlyn Garbutt, Sharmaine Stewart, Jackson Epps, Nicole Young and Leila Haines.
Key points to remember around schools

1. In and out of the car

To comply with national child restraint laws, your child should be restrained in the car as follows:

0 – 6 months
Approved rearward-facing child car seat

6 months – 4 years
Approved rearward-facing or forward-facing child car seat

4 – 7+ years
Approved forward-facing child car seat or booster seat.

Make a rule that every child passenger must be securely buckled into a seatbelt or child car seat before you start the car.

A sleeping child must remain firmly buckled up while the car is in motion.

Reward your child with lots of praise for good road safety behaviour.

Assist your young child to buckle up – always check the buckle and make sure the belt is not twisted.

Ensure your children always get in and out of the car through the ‘safety door’. This is the rear kerb side door of the car.

Never allow children to get out of the car on the traffic side.

When possible, children should remain in the car until an adult opens the ‘safety door’. This helps ensure that children get out of the car safely.

Children aged between four and seven years cannot travel in the front seat of a vehicle with two or more rows, unless all other back seats are occupied by children younger than seven years in a child car seat.

A child that is properly secured in an approved child car seat is less likely to be killed or injured in a car crash than one who is not.

NEVER leave a child of any age in a vehicle without supervision. A small child may rapidly suffer from dehydration, heat exhaustion and consequent organ failure. Older children could play games that may lead to danger.

For more information visit
roadsafety.transport.nsw.gov.au
Building protective factors: Suggestions for families

Things can happen in children’s lives that make the risk of developing mental health problems more likely. It is usually not possible to eliminate all the risk factors that affect your children, but there are things you can do to reduce the impact of stress and help them build strengths for effective coping. The following suggestions identify the sorts of things you can do to support children’s resilience in the face of challenging circumstances.

How you can help

Listen to children’s concerns

Having a caring adult to turn to when they are troubled, someone who will listen, understand without judging, and help them solve problems, is a critical protective factor for children’s mental health. Listening to children and understanding their concerns lets them know they are important to you. Remember, however, that children may not always be able to explain how they feel. By observing their behaviour and gently inquiring about it you can often get a clearer picture of how they are feeling.

Provide reassurance

Children often worry that the bad things they experience will happen again or get worse. For example, in a family breakup, when one parent or carer leaves the family, children often become anxious that the remaining parent or carer will also leave them. Similar worries are common when someone dies or is hospitalised. Often these kinds of fears are expressed through behaviours rather than words, such as becoming clingy, or being fearful about sleeping by themselves.

Showing you understand children's fears and providing reassurance and support is important for helping them cope. Making sure that children know what to do and who to seek help from in case you are unavailable or unwell is also very important – particularly when chronic illness or stress may affect your capacity to provide support.

Provide security

Various kinds of stress and change can be very disruptive to family life. Maintaining regular routines, such as bedtimes and mealtimes, reduces disruptive impacts and helps to provide a sense of stability and security for children. Similarly, children are reassured by knowing that a responsible adult is taking care of them and looking after their needs.