**Swim School**

Our students were very lucky to go to Toukley Swimming Pool each morning for two weeks. Students started off each swimming lesson with a quick discussion on water safety before they went into their different groups. Students were soon showing us their best freestyle and backstroke within no time. Everyone's favourite day would have to be pyjama day. On this day the students learnt to swim in their pyjamas! We would like to thank the wonderful swimming teachers and also parents for allowing the students to participate in such an amazing activity. A final thank you to all the students for their fabulous behaviour throughout the 2 weeks and I'm sure everyone is looking forward to next year’s swim scheme. Miss Stirton and Mrs Kinsela

**Nitbusters**

On the 8th October we had our second Nitbusters day. It was a great success with many more families returning their permission notes to jump on board this health initiative. A big thank you to our volunteer parents Sharleen Creighton, Krista Cameron and Kellie Herder for donating their time and expertise to support this program. Without your assistance it would not be possible to check over 80 students! Notes can still be returned ready for Term 1 next year.

**Anxiety in Young People Information Session**

Wadalba Community School is hosting an ‘Anxiety in young people’ information session for parents and carers of students. The session is aimed at answering questions about anxiety in young children. The session is being run by 2 child psychologists who have a great deal of expertise in the area of Anxiety in young children.

Where: High school side of the Library  
When: Wednesday 21st October  
Time: 2:45pm for a 3pm start (finish approx. 4:30pm)  
RSVP: Monday 19th October – Please advise Mrs MacDonald of your intention to attend for catering and set up purposes.

**UNSW English Competition**

Congratulations to the following student on their achievement in the UNSW English Competition:  
**Participation**- Asma Kadarkhan, Liam Lackenby, Emilee Spiken, Cassim Kadarkhan  
**Credit**- Aurora Gorton, Natalie McClellan, Kaylem Maddrell  
**Merit**- Hayley Van der Meulen, Emilia Vittorino, Luke Burton  
**Distinction**- Paulina Waskiw

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**Wadalba Winner Draw**

Thorpe= Jaydan Bott  
Bradman= Baylen Johnston  
Hall= Kadence Neave  
Freeman= Ella Swift

**Assembly Class of the Week:**

3/4

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**Dates to Remember:**

- 21st Oct- Kinder Orientation (4 rolling Wednesdays)
- 21st Oct- Parent session: ‘Kids Mental Health’- Guest speakers
- 26th Oct- 3/4 Assembly
- 28th Oct- P&C Meeting  
- 4th Nov- Cake Day- 3/4, K/1 & K to provide cakes.  
- 4th Nov- Cuppa & Cake Afternoon  
- 9th Nov- K Assembly  
- 11th Nov- Kinder Orientation Family Week
- 16th Nov- 1/2 Assembly  
- 18th Nov- Yr 6 Sports Day
- 23rd Nov- Yr 2 Assembly  
- 25th Nov- Stage 3 Camp  
- 1st Dec- Kinder 2016 Teddy Bear’s Picnic
- 2nd Dec- Yr 7 Orientation Day
- 3rd Dec- Mingara- Stage 3 excursion  
- 7th Dec- Wadalba Cup reward excursion  
- 9th Dec- Christmas Carols  
- 9th Dec- Aboriginal Excellence awards
- 11th Dec- High School Presentation
- 14th Dec- Primary presentation day  
- 14th Dec- Reports sent home
- 15th Dec- Yr 6 Assembly
- 16th Dec- Last day for students

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**Awards**

**Bronze Awards**

Tamzen Maddrell- K  
Emily Baird- 1/2  
Braydon Abbott- 3/4  
Rebecca Stewart- 5  
Jessie-Lee Lynch- 5  
Destiny Neaves- 5/6  
Adriel Barientos- 5/6  
Michael Marino x 2- K-6W  
Liam Partridge- K-6W

**Silver Awards**

Destiny Neaves- 5/5

**Wadalba Primary Newsletter**

October 2015 - Issue no 17

Orchid Way, Wadalba 2259  
Email: wadalba-c.school@det.nsw.edu.au  
T: 0243925000
Our Road Safety Focus for Term 4 is **DRIVING SAFE AROUND SCHOOLS**

Parking safely will help to keep young children safe - even if it means walking further to the school gate.

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**Community Notices:**

Based on feedback from our most recent Cuppa and Cake session our school has emailed to all of our families a resource list of all local services available to help students and their families. We have also uploaded this to our website at:


Please take a look and see what is available for you as one of our Wadalba Families.
Name: Mrs Natalie MacDonald

I started teaching at Wadalba in: I did my internship at Wadalba in 2004 on a 4/5 class with Jade McLachlan as my supervising teacher. In 2005 I was fortunate to teach a 1/2 class and in 2006 I started teaching a year 4 boys class, before heading up to teach Maths in the high school in Term 2. I then spent the next 5 years teaching Maths and Middle School in the high school before returning to the Primary in 2012. I feel that I have been very fortunate to teach in a K-12 school and to have had the opportunity to make the most of this unique situation in my teaching.

I have been relieving in the Assistant Principal role at Wadalba on and off for the past 18 months, and after a lot of hard work I was very excited to gain the Assistant Principal role in a permanent capacity last term.

This year I teach: A wonderful Year 5 class. They inspire me daily with their enthusiasm for learning

My favourite colour is: Aqua

My favourite food is: Any Italian food

My favourite book is: There were 3 books in the series and the name of the series was a shade of colour

My favourite movie is: I am a hopeless romantic – The Notebook

My favourite subject when I was at school was: Maths

My favourite subject to teach is: Maths but I have a newfound love for teaching English through a range of different texts

In my free time I love: Spend time with my beautiful family, socialise with my friends and have a night out at the dog races

My family are: A wonderful husband Troy. He is a professional golfer and one of the Head Professionals at Kooindah Waters. He also successfully trains greyhounds in partnership with my mum. I have 2 beautiful children who light up my world. Bella is 5 years old and will be 6 in February. She started kindergarten this year at Warnervale Public school and she loves writing and drawing. Lachlan is turning 4 next month. He loves anything to do with sport or motorbikes. He loves watching and dressing up in his Avengers costumes and is an avid Bulldogs supporter.

If I could travel anywhere in the world it would be: If I were to travel without children I would love to see Greece and the Greek islands. My next big family trip when the kids are a little older will definitely be a trip to the US visiting Disneyland and all the kids attractions.
It has been wonderful to watch the growth and improvement in all the students in Year 4 over the year!
We had a really busy term in Term 3. Our whole school excursion to Sydney, Book parade, Ice-Cream Day, Public Speaking competition and the Spelling Bee competition were some of the activities that our class particularly enjoyed. We were also fortunate enough to work with Miss Hesse in the science laboratories to complement our science unit. Last term, we explored heat. We conducted experiments in the science labs where heat changes solids to liquids and raised the temperature of objects. Our favourite experiment was observing and timing the application of heat to ice cubes, lollies and chocolate. Some great scientific predictions and measurements were made and the science lab had a lovely fairy floss aroma.
This term, we hope to see the year out with another term of fun engaging lessons and opportunities for the students at Wadalba Community School.
Supporting children’s social and emotional development

Children’s social and emotional skills are developing all the time. Skills may develop differently for different children. Children benefit from having many learning and practice opportunities. There are many facets to social and emotional learning, which are summarised in the infographic below.

What does social and emotional learning have to do with learning?

Research has shown that children’s learning is influenced by a range of social and emotional factors. How well children do at school is affected by things such as:

- how confident children feel about their abilities
- how effectively they are able to manage their own behaviour
- how well they can concentrate and organise themselves
- how effectively they can solve problems
- how positively they are able to get on with teaching staff and with peers
- how effectively they take into account others’ needs
- how well they can understand and accept responsibilities.

Keys to supporting social and emotional skills development

It’s important to recognise that social and emotional skills develop over time, and that they may develop differently for different children. Parents and carers and schools working together to help children develop social and emotional skills can really make a positive difference for children’s mental health.

Key points

- Get involved – find out about the social and emotional learning program your child’s school is using. Learn the language and basics and look for opportunities to apply them at home.
- Talk about feelings – help children explore theirs.
- Be a model – use the skills yourself and show children how they work. Parents and carers don’t have to be perfect; showing them you can make a mistake and learn from it can be really helpful too.
- Be a guide – turn difficulties into learning opportunities.
- Acknowledge and appreciate – provide explicit feedback and praise.

For more information and great resources and examples of real life experiences, go to: http://www.kidsmatter.edu.au/mental-health-matters/social-and-emotional-learning