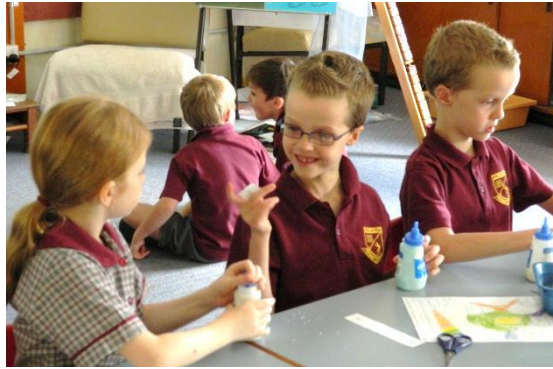


Wyrallah Road

PUBLIC SCHOOL



OPPORTUNITY | CARE | QUALITY | SUCCESS



STUDENT WELLBEING A TOP PRIORITY

Over the past two terms, staff and students at Wyrallah Road Public School have been reviewing, evaluating and refining our school policies that deal with student wellbeing. This review will ensure that all students are well supported and that we deliver a positive and consistent message that reflects the school's commitment to Positive Behaviour for Learning. Many aspects from previous policies remain, including the school rules and most elements of the rewarding positive behaviour system. Most of the changes centre on the clear delineation of consequences for poor behaviour choices.

We would now like parent and community feedback about the new policy. There will be two opportunities to provide feedback – firstly through the P&C meeting held tonight at 7.00pm or alternatively, by writing to the school. The staff and students are anticipating implementing the policy from day one next year. You can access the draft policy on our website at:

www.wyrallahrd-p.schools.nsw.edu.au

Term 4, Week 6

Wednesday, 13 November, 2013

Calendar:

Wed, 13 Nov	6.30pm Fundraising Meeting 7.00pm P&C Meeting held in staffroom
Fri, 15 Nov	Kinder 2014 Orientation Day 3 2.15pm School Assembly (1B & 5/6A)
Tue, 19 Nov	Kinder Picnic Tea
Fri, 22 Nov	Kinder 2014 Orientation Day 4
Tue, 26 Nov	Yr 5 Enrichment day at LPS

STOP THE PRESS

Library stocktake will commence Monday, 25 November. Therefore I will need all library books returned by this date. If you could please assist your child in finding their library books, it would be greatly appreciated as any outstanding/lost books in your child's name after stocktake may incur the cost of the book.

OUR KIDS CD

Yesterday Mrs Kelly had the privilege of attending the Our Kids CD launch. The Our Kids organisation fundraises for the children's ward at Lismore Base Hospital. Our school choir has had the honour of performing one of the songs on the CD. The CD is now available for purchase for \$20.00 which includes the CD and 2014 Calendar available from the office. The CD and Calendar would make a great Christmas present and is a wonderful way to help children stay local when needing medical care.

CONNECTED OUTCOMES GROUPS (COGS)

Our COGS unit this term is titled Global and Social Issues. Throughout the unit, students focus on understanding the many links that exist between people, places and resources on a local and global level. The unit also allows students to look at the local and global impacts of natural disasters. Last week we focused on tsunamis and the effects they have on people and infrastructure.

Principal: **Gareth Hockings**

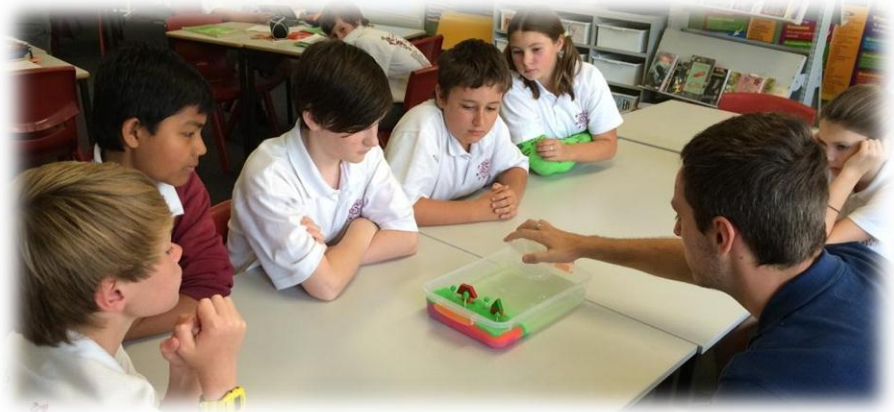
Wyrallah Road Public School proudly stands on Bundjalung land

152 Nielson St Lismore 2480 • 6621 3363 • wyrallahrd-p.school@det.nsw.edu.au www.wyrallahrd-p.schools.nsw.edu.au

CLASS FEATURE 5/6R

This week our class feature comes from 5/6R. We are very excited to share some of the fantastic things that have been happening in our room. During weeks 1-4 this term, our class was lucky enough to have a practicum teacher from Southern Cross University. Mr Dries was a great asset to our class and the children thoroughly enjoyed having him in our room. He completed many engaging lessons and the children were very sad to see him go.

Mr Dries demonstrates the effects of a Tsunami



IPADS

In the 21st century world we live in, students must learn the skills necessary to interface with a wide range of technologies, as well as learn how to use those technologies appropriately. The recent purchase of a bank of iPads to be used in classrooms across the school will help to keep our students at the forefront of technological change. By utilising iPads, students are able to take control of their own learning and have instant access to multiple tools within the learning environment including books, calculator, word processors and dictionaries.

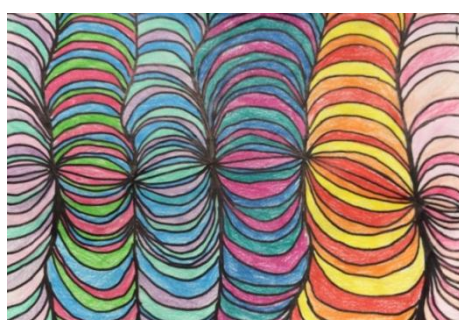
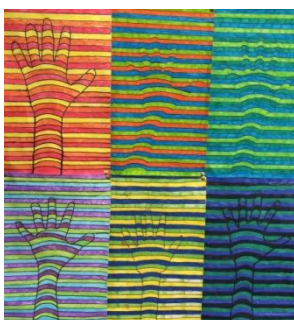


5/6R have been trialling some of the interactive activities on offer during literacy groups.



VISUAL ARTS

5/6R has completed artworks that focus on the art of sketch and shading by recreating one half of a picture. As we were completing our unit on government, we chose politicians to focus our lessons on. We also completed artworks that are optical illusions. We used curved lines to make our artworks look three dimensional.



ALTERNATIVE HEAD LICE TREATMENTS

There are several natural treatments available online which are much cheaper to use. You can buy or make your own resister sprays to use on children's hair and inside their hats. Most of the sprays have essential oils – mainly tea tree, eucalyptus, geranium and lavender – which lice don't like.

ACHIEVEMENTS OF PAST WRPS STUDENTS

Students from Lismore High School recently competed in the National Finals of the Science and Engineering Challenge at SCU and placed 6th out of 8 schools competing as finalists Australia wide. A great accomplishment that was covered by NBN, Prime and the Northern Star. The photo in the Northern Star (below) features three past Wyrallah Road Students, and the team of 29 Year 9 & 10 students featured a majority of past WRPS students.

For full story: <http://www.northernstar.com.au/news/teamwork-is-the-winning-key/2068808/>

Teamwork the key at Science and Engineering Challenge



GREAT MINDS: Kala Simpson, Jessica Lancaster, Tahlecia Gallagher and Jessica Tickle, all in Year 10 at Lismore High School. They are finalists in the Science Challenge at SCU Lismore.

WHOOPING COUGH (PERTUSSIS) ALERT

There has been a recent case of Whooping Cough (pertussis) in a child attending Wyrallah Road Public School. Coughing spreads the infection to others nearby. Whooping Cough caught at school can spread to any other members at home. It can be especially dangerous for babies. Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. Older children may just have a cough that is persistent and is worse at night. The infection can occur even in fully-vaccinated children.

What should people sick with pertussis do?

Pertussis is readily spread from an infected person to others by coughing and sneezing. If left untreated, it can spread for up to three weeks after the start of the infected person's cough.

Do not attend work, school or a childcare facility if you or any household members:

- have a cough as described above. Please see your doctor
- are being tested for Whooping Cough by your doctor and waiting for test results
- are being treated with antibiotics for Whooping Cough for at least five days after starting the medicine.

Keep coughing children away from babies.

Whooping cough vaccines give good protection against infection but immunity fades. If your school-aged child has younger siblings, it's a good idea to check that they are up to date with their vaccines.

For further advice, please call the Public Health Unit (02) 6620 7585 or NSW Health website

<http://www.health.nsw.gov.au/Infectious/factsheets/Factsheets/pertussis.PDF>

COMMUNITY NEWS

- Free course for parents looking for work. YWCA is running a course to help: manage work / family balance; know how to use support available; match your skills and interests to work opportunities; make the next move to employment or training. Held Thursdays, 7 November 9.30am – 1.30pm. Call Briony 6625 5811. Lunch and transport provided.
- Rock Wiz Trivia Night, Saturday, 9 November, Lismore PCYC. 70s / 80s theme. Tickets \$10, tables of 8. Phone Mrs Aafjes at Bexhill School 6628 4223.
- PCYC Community Fun Day – Saturday, 16 November 9am-2pm. Market stalls, lucky door prizes, face painting, family entertainment, live music, sausage sizzle. S

WRPS P&C

NEXT MEETING: The next meeting date is **Wednesday, 13 November**. Please note the time change. The fundraising meeting will start at 6.30pm instead of 6.00pm and the general meeting will start at 7.00pm. We will be planning the end of year get together for all P&C members and volunteers. All are welcome!

VOLUNTARY CONTRIBUTIONS: It's never too late! Your school needs your contribution. \$55 per student or \$130 for family with three or more students. All money raised from voluntary contributions goes back to the school for essential resources and opportunities for all students, including library books, classroom consumables, texts, sporting equipment, drug and environmental education, poetry, art and science. Payment can be by cash, cheque (made out to WRPS P&C) or direct deposit.

Details are:

ACCOUNT NAME: Wyrallah Road Public School P&C, BSB #: 062565 ACCOUNT #: 00941085

IMPORTANT: Please include the name of your eldest child as a reference.

UNIFORM SHOP ROSTER:

Friday, 15 November 8.30am – 10.00am Stephanie Hannah

CANTEEN NEWS:

THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY
Iris Millard Cath Fahy Sheree Lahne	Melinda Stanford Vicki Muddiman Help Please	Katie Parker Adrian Wilsem	Sharon Gylling Help Please	Iris Millard Help Please

WRPS P&C ASSOCIATION

wyrallahrdps.pandc@gmail.com



Nutrition Snippet

The simplest way

to increase your fruit and veg intake

Myth: Frozen and canned fruit and vegetables don't count towards your recommended daily intake of fruit and vegetables.

The facts:


- Frozen and canned fruit or veggies are great alternatives when fresh varieties are out of season, unavailable or more expensive
- Frozen and canned vegetables are usually packed shortly after picking, so few nutrients are lost
- Varieties with no added sugar or salt are the best choice, so check the label to make sure you're making the best choice!



Hint: Look for tinned fruit in natural juice rather than syrup, and serve with a reduced fat natural yoghurt and honey for a sweet afternoon snack!

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





Nutrition Snippet

The simplest way

to include 5 food groups in the Lunch Box

It's really important your kids eat the right amount of fruit and veg, and food from all 5 food groups.

Follow this easy guide to pack the healthiest lunch box:


Breads and cereals: Try wholemeal bread, wraps and pita.

Fruit: It's high in fibre, vitamins and minerals. Serve fruit in fun ways; try fruit kebabs or fruit in jelly, and remember kids are more likely to eat it if it's cut up into small pieces.

Veggies: Pack carrot and celery sticks with hummus or salsa, or even a veggie slice.

Reduced Fat Dairy: A slice of cheese, yoghurts and custards are all great lunchbox items.

Lean Protein: Include a variety of sandwich fillings: cooked chicken, tuna, egg or roast meat. Legumes like red kidney beans and chickpeas are a good source of protein, and a great source of fibre too!



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

