



Issue 36- Term 4 - Week 6

November 18, 2019

PRINCIPAL'S MESSAGE

Kindergarten Orientation Program:

Over the past few weeks we welcomed over 180 new Kindergarten students and their parents to Parramatta West Public School for 2020. The orientation program is designed to show pre-schoolers their new school environment, meet their peers and some of our staff as well as experience a small taste of classroom activities whilst providing parents with some valuable information about school life. I thank Ms Hearn for her coordination of this program, the teachers and Student Learning Support Officers for their assistance in the classrooms.

Kindness:

One of our focuses this year has been on kindness linked with our safe, respectful responsible learner's welfare system. Kindness is about treating others with compassion. Some highlights from my reading on the topic includes: Dr Ali Walker, research fellow at the University of NSW says humans are wired for connectedness and get pleasure from interaction. Simple acts of kindness can result in benefits to our own health. "Being kind or witnessing someone being kind, activates the reward sensors in our brain" Dr Walker says. "It stimulates brain chemicals such as dopamine and serotonin, and floods our brain with positive chemicals". So our mood improves and we feel happier and more positive. "We're conditioned to try and get the best outcome for ourselves" she says. "But putting others first is actually the best approach because it ultimately makes us feel better". Try these suggestions:

1. Use affirmations: "I'm choosing to be kind"; the affirmation begins to retrain the brain (Dr Walker)
2. Seek out opportunities to be kind, e.g. holding the door open to others, standing back and letting others pass
3. Make eye contact, give your presence fully to others
4. Share your emotions, focus on having quality connections with others

5. Shift your focus from what will make your life better, consider what will happen if someone else gets something.

Bush Fires:

You would all be aware that bushfires are having a devastating impact in the northern part of the state and into Queensland. Many in those communities have been deeply affected. Our thoughts are with them during this very difficult time. With the amount of news coverage, it may be wise to consider if children should view this information. It is important to consider the age and developmental capacity of children to understand what is happening. Especially consider the magnitude that comes with the word 'catastrophic' as the recent weather description for Sydney and again today in South Australia. Allow children to ask you questions and reassure them. With extreme weather conditions, we assess the situation and decide if it is safe for our students to play outdoors. If not, they remain indoors.

The Tale of Galavant:

Congratulations to all the students and their teachers on what was an amazing Showcase of Dramatic interpretation last Thursday night. It is wonderful to see our students engaged in this dramatised presentation, I know those who were able to join us on the evening thoroughly enjoyed the show. Thank you to all the additional staff and parents who helped out on the night and in the lead up to this special event a very special thanks to Mrs Lord and Ms Mahony for all the additional hours dedicated to making the evening a success.

Reminder Planning for 2020:

Planning for 2020 is well underway and as always it is critical that we receive information to assist us in this process. **If you are planning on withdrawing your child/ren from the school at the end of this year, you must advise us in writing now.**

Also, please advise us in writing, if your child/ren will be late to start the new school year. It is a government requirement that we are informed of the school your children will be attending in the future. Also, if you have a child beginning Kindergarten next year or know of a neighbour with a child starting school, please ensure the school office is contacted regarding enrolment.

Reminder Class Placement Requests 2020:

Whilst it may seem rather premature, we begin class placements for 2020 early in Term 4. This is because we have over 890 students and many different options for class structures to consider K-6. While staff are aware of most situations that may impact on class placement, there are always circumstances or concerns that you as parents have a greater awareness of. For this reason I would ask that if you have any MAJOR concerns about your child's class placement for 2020 you send a letter outlining your concerns in an envelope marked 'Confidential: Attention School Principal'. Please ensure all requests are received by Friday 22 November, to allow for consideration to be given during the planning process. Whilst each request is considered we are not always able to guarantee all requests can be accommodated. Please do not request a particular teacher for your child. I would like to

remind all parents that any decisions relating to class teachers are based on a range of school factors, taking into account the staffing mix available each year.

Teunis Ploeg

Principal

DEPUTY PRINCIPAL REPORT

DANCE SPORT

On Tuesday 5th November, the Dance Sport Team competed in the Sydney Dance Sport Championships. Our team demonstrated outstanding school and team spirit, were gracious in competition and performed their dances with precision and to a high standard. We had teams competing in both individual events and in the progressive team events. Many of our students made it to finals and grand finals for their respective events.

Parramatta West were recognised by the judges for their achievements across the entire competition. A big congratulations to the following students who placed in their respective events:

- Suprabha and Jayden who achieved a 1st place in the Gypsy Tap
- Laura and Wilfred who placed 2nd in the Australian Barn Dance
- Our Stage 3 Team who placed 5th in the progressive team event, performing the Cha Cha, Waltz and Gypsy Tap







MINI FETE

The Mini Fete will be held on Thursday 21st November for students. It is held every year to raise money for the Year 6 Farewell and is a great way for all students to celebrate the school year and have fun. Students can wear plain clothes on Thursday.

Most stalls will cost between 20 cents and \$2, so children should start saving all of their loose change now. Students should bring their money in a labelled zip lock bag.

Some of the stalls include:

- dinosaur cave
- book stall
- cookie stall
- basketball and soccer shootout
- haunted house
- colouring in and face painting
- movie and internet cafe...just to name a few!



A. Langhans and K Rhodes

Deputy Principals

LIBRARY REPORT - MRS SELL




Book Club Issue 8 has been issued. Please have orders returned to me by Tuesday the 26th of Nov. Any late orders may not get to school by the end of term.

Please begin to return your books. Overdue notices will begin going out soon.

Any issues with these notices please come and see me.



CALENDAR

Parramatta West Public School - Term 4 2019 						
Term Four	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT SUN
1	14 STUDENTS RETURN	15 Stage 2 Rugby Clinic	16 Stage 3 Rugby Clinic	17	18	19/20
2	21	22 Stage 2 Rugby Clinic Kindy Orientation Session A	23 Stage 3 Rugby Clinic	24 Kindy Orientation Session B GWS Stand Tall Program Stage 3	25 Grandparents Afternoon Tea World Teachers Day	26/27
3	28 Obstacool Postponed GWS Healthy Session Stage 2	29	30 GWS Healthy Session Stage 2 Kindergarten Excursion ★ Colour Under the Stars Art Show ★	31	1 Eco Club Incursion	2/3
4	4 Year 3 Excursion	5 Dance Sport Championship Kindy Orientation Session A	6 Year 3 Excursion	7 Kindy Orientation Session B	8 Peer Support	9/10
5	11 Remembrance Day	12 Kindy Orientation Session A P & C Meeting 2pm	13 Stage 3 Excursion	14 Kindy Orientation Session B Stage 3 Excursion DRAMA NIGHT	15 Ernst & Young Care Day	16/17
	18 	19 Aboriginal Education Workshop	20 League Tag Excursion	21 	22	23/24
		Teeth on Wheels →				
7	25	26	27	28	29	30/1
	Teeth on Wheels →					
	SWIM SCHOOL					
8	2	3 High School Orientation	4	5	6	7/8
	Teeth on Wheels →					
	SWIM SCHOOL					
9	9 K-6 Presentation Day	10	11 Year 6 Farewell	12 Community Thankyou Breakfast	13 Reports go home	14/15
10	16 Morning Tea with Mr P! Recognition Assembly	17	18 Talent Quest	19	20	21/22
School Holidays: Thursday 19 th December to Tuesday 28 th January Students return WEDNESDAY 29 th JANUARY						

PWPS 
COMMUNITY NEWS

Newsletter translation and
community news in:

Farsi/Dari
Mandarin/Cantonese
Arabic



Every 2nd Tuesday in the hall from
July 30 at 9.00am



DISCLAIMER

We sincerely thank our advertisers for their support of our school. While Parramatta West Public School is selective in the advertisements it runs, parents are advised to use their own discretion in supporting these services.

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High fibre foods include wholegrain foods such as oats and brown rice, fruit, veg, seeds, nuts and legumes such as chickpeas, beans and lentils.



Top tips to increase your fibre intake:

- Choose wholegrain, wholemeal or high fibre varieties of grain foods e.g. bread, pasta, rice, noodles and crackers.
- Fill at least half your dinner plate with vegetables.
- Reduce the amount of meat in recipes and include more vegetables and legumes.
- Have fruit, vegetables, nuts and seeds as snacks.
- Try our [hummus](#) with vege sticks and wholegrain crackers

healthylunchbox.com.au