



PRINCIPAL'S MESSAGE

Our junior students enjoying some new playground equipment.



P&C COMMITTEE MEMBERS 2020

Last week we held the P&C Annual General Meeting. I would like to congratulate the following parents who have been elected to the following executive positions.

- President: Nicole Senior
- Vice President: Lee Ackling
- Secretary: Adelle Nassif
- Treasurer: Katerina Robinson

I look forward to working closely with the executive committee and the broader P&C body over the coming months to continue the great work in supporting the school and its endeavours to enhance student learning outcomes.

EMERGENCY EVACUATION AND LOCKDOWN DRILLS

- Each year, schools are required to have emergency evacuation drills to ensure all children, staff and visitors are aware of procedures in the unlikely event of an emergency. At PWPS we have clearly defined procedures which we will be practising with all students during drills throughout the year.

FRIDAY 20 MARCH; NATIONAL DAY OF ACTION AGAINST BULLYING

This Friday schools across the country will be taking part in the National Day of Action Against Bullying. This year we will also be sharing the day with our Harmony Day activities. This is a great opportunity to come together as a community recognising the differences in all of us.

The NSW Department of Education rejects all forms of bullying. No student, parent, caregiver or community member should experience bullying within the learning or working environments of the Department.

Bullying

Bullying is repeated verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons. Cyber bullying refers to bullying through information and communication technologies.

Bullying behaviour can be:

- Verbal eg name calling, teasing, abuse, putdowns, sarcasm, insults, threats
- Physical eg hitting, punching, kicking, scratching, tripping, spitting
- Social eg ignoring, excluding, ostracising, alienating, making inappropriate gestures
- Psychological eg spreading rumours, dirty looks, hiding or damaging possessions, malicious SMS or email messages, inappropriate use of camera phones

Schools exist in a society where incidents of bullying may occur. Preventing and responding to bullying behaviour in learning and work environments is a shared responsibility of all departmental staff, students, parents, caregivers and members of the wider school community.

I have included an Article by Michael Grose, titled '*What bullying isn't, and what to do when it happens.*'

It outlines why bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children often tease or fight, this bickering should not be confused with bullying. The article also provided some suggestions for supporting your child. We respond to all bullying behaviour and one off incidents under the school's discipline system.

Is it BULLYING?

**When someone says or does something unintentionally hurtful
and they do it once, that's RUDE.**

**When someone says or does something intentionally hurtful and
they do it once, that's MEAN.**

**When someone says or does something intentionally hurtful and
they keep doing it - even when you tell them to stop or show
them that you're upset - that's BULLYING**

SCIENCE & TECHNOLOGY IS MANDATORY FOR ALL STUDENTS FROM K-6

In science and technology, students explore the natural and made worlds. They learn to apply scientific and technological skills, knowledge and understanding across a broad range of contexts. From the early years, students are encouraged to explore, wonder, question and design. They learn to plan and execute experiments, using the scientific processes, to assist them when answering questions relating to their current topics. They record and analyse their results, work individually and in small groups, reflect and process their information to achieve deeper understanding.

During technology lessons, the students use the working technologically processes to guide the design process. Students explore a task set, including internet research, investigation and surveys to identify the key criteria that will be required. They work creatively to generate ideas and produce a design that will successfully meet the set criteria and then begin to produce their designs. During this process they are frequently assessing, modifying and reflecting on their work to enable them to produce a high-quality finished product. Science and technology provides a way of inquiring about the world around us. It explores evidence and investigates ways to discover, develop and produce solutions to real world problems. The inquiry and skill-based nature of science and technology opens doors to ideas and discoveries and we strongly encourage and equip our students with these skills to be the problem solvers of the future.

FIRST AID

Students who identify themselves or are identified by others as requiring first aid are generally assessed by a teacher and (where needed) sent to sick bay, where they are supported by our administration staff. All staff at PWPS have emergency care training although none of us are qualified doctors or nurses. We assess the injury as per our training and then plan for professional care to be provided to our students. This may be informing the parent who will take the child home for observation or to their GP. In some cases, it may mean we will call an ambulance. The Department of Education has very strict procedures in place regarding the administration of medicines. We are limited to what we can administer to students outside of asthma and anaphylaxis medication. Throughout the year your child's medical needs may require updating. Our office staff will contact you about this. We respectfully ask that all forms sent home are returned promptly, allowing us to provide the best possible up to date care for your child. Where you know that your child's circumstances have changed it is important that you advise the school as soon as possible.

INSIGHTS

by Michael Grose – No. 1 parenting educator



What bullying isn't, and what to do when it happens

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.



Bullying is a word that's wrapped in emotion. For many people bullying is associated with **bad childhood memories**. It's been estimated that around 40% of people have experienced some type of bullying in the past.

Bullying is an insidious behaviour that transgresses children's natural right to feel safe and secure. It can adversely affect their learning, emotional well-being, further peer relations and their sense of self.

Bullying takes many forms and guises including, physical and emotional abuse, intimidation, harassment and exclusion.

It now has a well-publicised cyber-dimension which has moved the goalposts for many kids. In the past children could escape bullying behaviours they may have experienced by being at home. Cyberbullying now means that kids can't escape the bully like they once could.

Bullying is not the domain of one gender. Girls bully just as much as boys but they do it in less physical ways. While boys use physical intimidation or verbal abuse to wield power, girls are more likely to use exclusion or verbal sarcasm to assert themselves.

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is about lack of power as one person is powerless to stop the teasing or physical abuse. Bullying is the *selective, uninvited, repetitive oppression* of one person by another person or group.

If you think your child is being bullied then handle with care as children often don't want to admit that they are on the receiving end of bullying.

Some kids keep it close to their chests so it helps to be on the lookout for **warning signs** such as: items being stolen, changing the route to school and withdrawal from usual activities.

If your child is being bullied:

1. Listen to their story: Children who are bullied need someone to believe their story. Take them seriously and avoid dismissing complaints as tell-tale. Use common sense to differentiate between bullying and more random, non-selective antisocial acts. Kids can be nasty to each other, yet this doesn't constitute bullying.

2. Deal with their feelings: A child who is bullied probably feels scared, angry and sad. Boys are more likely to display anger and girls claim they feel sad. The degree of emotional intensity is an indicator of the amount of bullying. Recognise and validate their emotions. Let them talk about how they think (remember boys respond better to 'think' language) and feel. It's normal to feel sad, scared or just plain confused.

3. Get the facts: Get a clear picture of what happens, including who is involved, the frequency and what happens prior to any bullying. Get your child to be as specific as possible by asking good questions. An accurate picture will help you determine your next course of action.

4. Give them coping skills: With a clear picture you can start giving your child some help about how he or she may deal with bullying including using avoidance strategies, being more assertive and changing poor body language.

5. Get the school involved: Bullying is best handled when parents and teachers are involved. Approach your school through the appropriate channels, make yourself aware of your schools' anti-bullying procedures and programs, and be willing to work within these guidelines.

6. Help build your child's support networks: Kids need a group of friends to support them when they experience bullying so look for practical ways to broaden friendship groups.

7. Build their self-confidence: Provide children with systematic encouragement. Let them know through your words and treatment of them that they will get through this period.

It's worth remembering that children who experience some form of bullying often come out stronger and more resourceful because they have experienced difficulties and they know they can defeat them.

parentingideas.com.au parentingideas.co.uk parentingideas.co.nz

Michael Grose Presentations

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Teunis Ploeg

Principal

DEPUTY PRINCIPAL REPORT

TELL THEM FROM ME - YEAR 4-6 CLASSES ONLY

We are delighted that this term, our school, like many other public schools in the state, will participate in a Department of Education initiative: the *Tell Them From Me* student feedback survey. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au>

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. More than 6,300 schools in Australia and around the world have used *Tell Them From Me* to survey 5.4 million students. Capturing the voices of our students will help improve how we do things at our school.

We want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 30 March and 8 May. Participating in the survey is entirely voluntary.

A consent form is being sent home with students. If you **do not** want your child or children to participate, please return the form to school by **27 March**. Copies of the form and FAQs are available from: <http://surveys.cese.nsw.gov.au/information-for-parents>.

The consent form and FAQs are available in 23 languages.

A. Langhans and K Rhodes

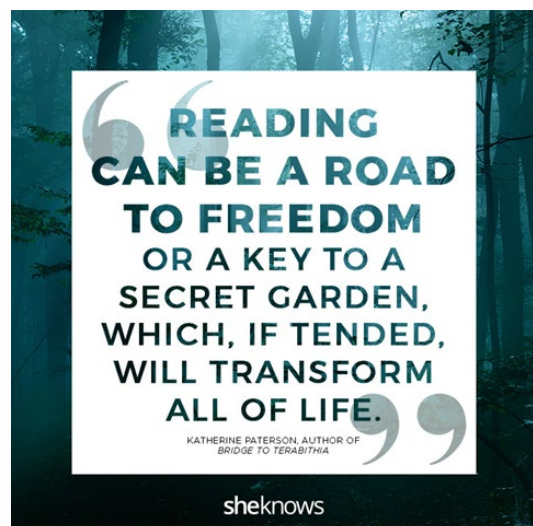
Deputy Principals

LIBRARY REPORT - MRS SELL

Book club is due by Tuesday the 17th March. Please don't be late to ensure your books get back to school before the holidays.

Please be prompt in returning your library books so they don't become overdue.

New books cannot be borrowed when you have an overdue book.



CALENDAR

Parramatta West Public School - Term 1 2020 						
Term One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT SUN
	27	28	29	30	21	1/2
1	AUSTRALIA DAY HOLIDAY	STAFF DEVELOPMENT DAY	Students Return			
2	3 Kindergarten 2020 Start	4	5	6	7	8/9
3	10	11 Safer Internet Day House Captain Voting P & C Meeting 2pm	12	13	14	15/16
4	17	18 BOOK FAIR 8:30-8:55am	19 MEET THE TEACHER Evening 5-8pm BOOK FAIR 8:30-8:55am & 4:30-7:30pm	20	21 PSSA Trials	22/23
5	24 Investiture Assembly	25	26	27	28	29/1
6	2 K-2 Assembly Starts	3 GRIP Leadership Conference	4 High School Information Night 3-6 Assembly Starts	5 Stage 3 Author Visit	6	7/8
7	9	10 P & C Meeting 2pm (AGM)	11 Start Smart Sessions ES1/S1	12 Start Smart Sessions S1	13 Start Smart Sessions S2	14/15
	16	17 Buddy Session New date TBC	18	19	20 National Day of Action Against Bullying Harmony Day	21/22
9	23	24 Buddy Session New date TBC	25 Maths Olympiad #1	26 SCHOOL PHOTOS	27	28/29
10	30	31 Buddy Session New date TBC	1 April Parent Check In New date TBC	2 Parent Check In New date TBC	3	4/5
11	6 School Photo Portrait Catch Up Debating Gala New date TBC	7 Hat Parade New date TBC	8	9 ANZAC Service New date TBC	10 GOOD FRIDAY	11/12

What's coming up this week?

School Holidays: Friday 10 April to Monday 27 April
Students return TUESDAY 28 APRIL

PWPS COMMUNITY NEWS

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.



Nutrition Snippet

The simplest way

... to use Autumn fruit and veg.

Apples, bananas, pears, and cucumbers are in season and usually cheapest in Autumn.



Try these snack ideas:

- [Stewed apples and sultanas](#)
- [Banana bread](#)
- [Cucumber and cream cheese sandwiches](#)
- Sliced pear drizzled with lemon juice

For these recipes and more visit
healthylunchbox.com.au

healthylunchbox.com.au

Learn Music on Keyboard at School

Enrolment for Term 1

Great songs! Musical activities!
Cool music knowledge!



- Convenient at-school venue
- Small group, 45 min weekly lesson
- Competitive rate
- Instrument not required initially

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Northmead

Creative and Performing Arts High School

Audition Information for Parents and Students

Northmead Creative and Performing Arts High School.

CAPA Auditions – Monday 16th March - Friday 20th March 2020

AUDITIONS FOR YEARS 7 to 11, 2021

Talented students in Dance, Drama, Visual Arts and Music are encouraged to apply for positions in the 2021 specialised pathways in either Dance, Drama, Music or Visual arts.

Local (In Area) students wanting to be part of our selective Creative and Performing Arts program **MUST** also audition.

Northmead Creative and Performing Arts High School has a long tradition as a centre of excellence in the Creative and Performing Arts. An exciting opportunity is available for talented students to audition for placement in our outstanding CAPA programs.

Students in the specialised streams are afforded a wide range of opportunities to excel in their chosen field with extensive co-curricular programs and a whole school approach to fostering our gifted students' talents.

Auditions will be held for Dance, Drama, Music, and Visual Arts on Monday 16th March to Friday 20th March 2020. The cost of auditions is \$50.00.

Applications close and forms need to be submitted to NCAPAHS by Monday 9th March 2020.

Please register your interest via our school website or contact Mrs Stepic: on 9630 4116

Email june.stepic@det.nsw.edu.au

Audition Application Forms can also be downloaded from our school website.

Principal: Narelle Vazquez
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Imagine, endeavour, achieve.

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