

# THE WOODBERRY WORD

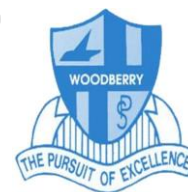
RESPECT, COMMITMENT, RESPONSIBILITY

PRINCIPAL: MS JOANNE BURRELL

WE MEET AND LEARN ON WONARUAH COUNTRY

PHONE: (02) 49 66 2044

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Term 4, Week 4

Monday, 5th November 2018

## DATES TO REMEMBER...

Date	Events
9 Nov	Captain speeches
14-16 Nov	Point Wolstoncroft Camp
12-23 Nov	Swim School
20 Nov	Inclusive communities meeting
11 Dec	Year 6 Farewell
17 Dec	Presentation Day
19 Dec	LAST DAY TERM 4

## PBL

Positive Behaviour for Learning  
FOCUS OF THE WEEK...

Following instructions in the  
classroom the first time.



## Values Awards

### Week 2

KB – Jonara Hamilton

KJ – Tilley Giles

1/2S – Andre Hinds-Anderson Dodge Stewart

1/2W – Kaiden Ure

2/3C – Hannah Maere Emily McLaren

3/4L – Luke Crawford Sienna Lawrence-Delaney

5/6K – Logan Goldman Deegan Cammarata

5/6M – Jyerell Wilson Crystal Storey

### Week 3

Mikayla Allen



## POINT WOLSTONCROFT CAMP YEARS 3-6

Point Wolstoncroft Camp is fast approaching!  
The camp will be held next week and will be for 2  
nights from **WEDNESDAY 14<sup>TH</sup> NOVEMBER TO  
FRIDAY 16<sup>TH</sup> NOVEMBER, 2018.**

Students **MUST** be at school **NO LATER THAN  
8.10AM.**



## YEAR 6 FAREWELL

Our Year 6 farewell will be held on **TUESDAY 11<sup>th</sup>  
DECEMBER, 2018** at Beresfield Bowling Club.

Students received information last week.

Year 6 students can bring 2 adults **ONLY** to celebrate  
the evening at a cost of **\$15 per adult** (Chicken  
Schnitzel dinner). *Year 6 students are not required to  
pay for their meal.*

Payments are due **FRIDAY 30<sup>th</sup> NOVEMBER** so that  
final numbers can be sent to Beresfield Bowling Club.

Year 6 Students **MUST** have their baby photo in to  
Ms Kav by **FRIDAY 30<sup>TH</sup> NOVEMBER** for the year 6  
slideshow.

**Year 5 students** are welcome to attend the disco  
from 6.45-8.30pm at no cost. Permission notes also  
need to be in by **FRIDAY 30<sup>TH</sup> NOVEMBER.**



# Peek at our week

## 1/2S

Can you believe how fast time is flying by? What a spectacular year 1/2S have had! This week we have been busy planning and writing a newspaper article to persuade our readers.

We are still working hard during our Daily 5 and Maths stations and reaching our goals in the engine room with Miss Sikahela. We have been learning about the Zones of Regulation and recognising the different types of emotions we may feel.

1/2S are loving their garden time! Check out our photos. We juiced some vegetables and these big smiles were telling me they loved it!



# Peek at our week

## 5/6M

What a great start to term 4 for 5/6M. We have had such a great time in the garden cooking up a storm, playing chess and planting some new seeds.

We have had a great time role playing emotions and identifying them in Zones of Regulation and have started our Dance 2B Fit class to get ready for the Year 6 Farewell! Look at us go! Can't wait to see what happens next in our classroom!



### SWIM SCHOOL

**THERE ARE STILL SPOTS AVAILABLE!!**

Swim school is fast approaching. The program will run for two weeks from **12th–23rd NOVEMBER 2018 (week 5 & 6).**

**The total cost of the program is \$60.** Permission notes & FULL payment of \$60 must be paid **by THIS WEDNESDAY 7TH NOVEMBER.**



### CAPTAIN SPEECHES

Our 2019 Captain speeches will be held in the hall **THIS FRIDAY** at 9am. Parents are welcome to attend to support their child.



## Inclusive Communities Committee

### MOVIE NIGHT

Last Thursday WPS hosted a movie night where the students enjoyed watching Hotel Transylvania 3. What a great success and a great turn out it was!! We are proud of our WPS students who were all so well behaved! Thank you to everyone involved.

### PIE DRIVE FUNDRAISER

What an amazing outcome we had with our Thompson Pie Drive. We raised \$650 to go toward our school. Thank you to everyone who purchased these delicious pies and slices. We hope you enjoyed them as much as we did!

### INCLUSIVE COMMUNITIES MEETING

Our next parent meeting will be held in **WEEK 6, TUESDAY 20<sup>TH</sup> NOVEMBER** at **2.15-3pm** in the **Place Of Friends**. We will be providing parent information about some aspect of your child/ren’s learning.

## FRANCIS GREENWAY — HIGH SCHOOL —

### BRING YOUR OWN DEVICE (BYOD) YEAR 7 2019

Students in Year 7 2019 at Francis Greenway High School will be involved in the relaunch of our Bring Your Own Device (BYOD) Policy. By facilitating BYOD, we can empower our students, giving them direct involvement in the way technology is used in their learning. Year 7 students will be required to bring a suitable computing device that meets our school’s BYOD requirements to school every day from 2019. We have established a partnership with Harvey Norman to provide you with affordable, compatible devices. Please see the specialists in the Rutherford store to meet all of your BYOD needs for 2019 or view the compatible devices on their website <http://www.harveynormanbusiness.com.au/fghs2018portal>

Our Francis Greenway High School BYOD handbook can also be found via the link below. <https://goo.gl/hBtjNe>

For any further questions please contact the Head Teacher Teaching and Learning, Jess Lassam on (02) 4964 1282.



### LIBRARY NEWS

As the end of year is fast approaching we **MUST** have all overdue library books returned to the school ASAP!

#### This week is an EVEN WEEK

TUESDAY- Even weeks	Odd weeks
KJ	KB
2/3C	1/2S
3/4L	5/6K
4/5M	5/6M

**WEDNESDAY – Odd weeks**  
1/2W

**PLEASE BRING YOUR LIBRARY BAGS**



# AWARDS TIME!

## VALUES AWARDS



**Congratulations**

**Assembly Times**  
2.15pm EVERY FRIDAY  
ALL WELCOME!



Hot Milo \$1.50

Homemade Lasagne \$4.00

Home baked choc chip muffins .60c

Yummy Cheese & Bacon rolls \$1.20

*\*\*Please note price change with our cheese & bacon rolls.*



MAITLAND  
NEIGHBOURHOOD  
CENTRE

**WOODBERRY  
SCHOOL  
BREAKFAST  
EVERY TUESDAY**

DURING SCHOOL TERM  
FOR WOODBERRY PUBLIC SCHOOL STUDENTS

**8.30AM – 9.00AM**



*Hats can be purchased for \$7 from the school office.*



Principal:	Joanne Burrell
Assistant Principal:	Cheryl Taggart
Assistant Principal:	Chelsea Lilliss
Rel. Assistant Principal:	Meegan Kavanagh
Instructional Leader:	Rebecca Lee
Phone:	02 49 662 044
Fax:	02 49 641 148
Email:	<a href="mailto:woodberry-p.school@det.nsw.edu.au">woodberry-p.school@det.nsw.edu.au</a>
Website:	<a href="http://www.woodberry-p.schools.nsw.edu.au">www.woodberry-p.schools.nsw.edu.au</a>







**Is it time for a dental check-up?**

Hunter New England Oral Health provides free dental care for all children under 18yrs of age

We accept the Child Dental Benefits Scheme

**Beresfield Dental Clinic opening hours: 8:00am – 4:30pm**

We are located at Boomerang St, Beresfield (inside Beresfield Public School)

**Call 1300 651 625 to book an appointment for your child**

For more information about oral health and accessing our service, visit the HNE Kids Health webpage at [www.hnekidshhealth.nsw.gov.au/oralhealth](http://www.hnekidshhealth.nsw.gov.au/oralhealth)

NSW GOVERNMENT Health Hunter New England Local Health District



## Craft n' Creations

A craft program for families with children ages 4-12 years. Each week will involve a different craft activity and a small afternoon tea will be provided. Please note parents of the children in the program must stay for the session.

**Where: Mindaribba LALC - 1A Chelmsford Drive Metford**

**When: Thursday for 6 sessions**  
**Dates - 25/10, 1/11, 8/11, 22/11, 29/11, 6/12**  
**Time: 4pm - 5:30pm**

Call our office on 4015 7000 to register by leaving your name your child's name, age and contact number.




## 1-2-3 MAGIC® & EMOTION COACHING PARENT COURSE

Learn to manage difficult behavior in children 2-12 years old

A three-session program for parents and carers presented by Family InSight

**Learn:**

- ✓ How to discipline without arguing, yelling or smacking
- ✓ How to sort behaviour
- ✓ How to handle challenging and testing behaviours
- ✓ Choosing your strategy, the three choices
- ✓ Using emotion coaching to encourage good behavior
- ✓ 7 tactics for encouraging good behaviour

**Parents will receive:**

- A 1-2-3 Magic & Emotion Coaching Parent Workbook

**Venue: Place of Friends – Schools as Community Centre**  
**Woodberry Public School, Lawson Ave**  
**Woodberry NSW 2322**

**Dates: November 6<sup>th</sup>, 13<sup>th</sup> & 20<sup>th</sup> 2018**      **Course cost: FREE**

**Time: 12:30pm - 2:30pm**

~Child Care will be Provided~  
 ~Light Refreshments Provided~



**What people are saying about the program?**  
 What a relief to come across a program that preserves the dignity of the child, maintains the self control of both the parent and the child and is actually easy to remember when memory is the first thing to go!

**Who is running the course?**  
 The presenters for this course will be Natalie & Bec from Family InSight who have both completed Parentshop's 1-2-3 Magic® & Emotion Coaching practitioner training

To register go to: <https://www.stickytickets.com.au/78057>  
 For more information contact: [amy.blackwood1@det.nsw.edu.au](mailto:amy.blackwood1@det.nsw.edu.au) or call 024962174  
 Website: [www.familyinsight.org.au](http://www.familyinsight.org.au)

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective  
 This course is being run by a Parentshop® licensed practitioners. [www.parentshop.com.au](http://www.parentshop.com.au)

## Good for Kids good for life

# CHOOSE WATER as a drink

Water is the best drink as it does not have any added sugar. Fruit juices, soft drink, sports drinks or cordials should not be given to your child everyday as they contain a lot of added sugar. Tap water is the best choice. In most areas, tap water contains fluoride, which helps children to develop strong teeth.

### HOW MUCH SUGAR IS IN THAT DRINK?

Drink	Sugar Level
Water	No sugar (BEST CHOICE)
Plain milk	No added sugar (GOOD FOR STRONG BONES & TEETH)
100% Fruit	Low sugar
Cordial	High sugar (AVOID/LIMIT THESE HIGH SUGAR DRINKS)
Energy drink	Very high sugar (NOT EVERY DAY LIMIT TO 1 CUP)
Fruit drink	Low to medium sugar
Flavoured milk	Low to medium sugar
Sports drink	High sugar
Soft drink	Very high sugar

### TIPS TO HELP YOUR KID DRINK MORE WATER

- Show children that you enjoy drinking water
- Drink water with every meal
- Take a refillable bottle of water when you go out
- Pack water with your child's lunch
- Encourage your child to drink water when they play sports
- Limit buying sugar sweetened drinks

### HOW MUCH WATER SHOULD KIDS DRINK EACH DAY?

Age Group	Water Intake
1-5 years	64 250ml glasses = 1.6L (6oz) (WITH WATER IN YOU AND ACTIVE)
6-12 years	64 250ml glasses = 1.6L (6oz)

Source: Western Sydney Local Health District

NSW GOVERNMENT **PHONE 49246499**



Family Support Newcastle, and "Place of Friends" Schools as Community Centre would like to invite women raising children to a **Free** group.

# Going it Alone?

What does it mean to be a sole mum in today's world?



Conversations may also include:

- What's important now?
- Using your influence where you can
- Adjusting to change
- Dealing with difficulties
- Accessing support
- Self Care

**When:** Mondays over 4 weeks  
22<sup>nd</sup> Oct – 12<sup>th</sup> Nov, 2018.  
**Time:** 12noon – 2.00pm  
**Where:** "Place Of Friends"  
Schools as Community Centre  
Woodberry Public School  
Lawson Ave, Woodberry 2322



Children's Activities and Morning Tea provided  
Reserve your place by booking on sticky fix or by contacting Amy on 4964 2174



Find us on Facebook



The Family Relationship Skills Project is funded by the Australian Government and auspiced by Family Support Newcastle.

Every Second Thursday  
1 – 3pm  
25 Oct – 6 Dec 2018

**YOUNG PARENTS GROUP**  
@Place of Friends - Woodberry Public School Lawson Ave Woodberry

**I am a cool kid because I have cool parents.**

BROUGHT TO YOU BY HUNTER NEW ENGLAND HEALTH & PLACE OF FRIENDS - WOODBERRY SCHOOLS AS COMMUNITY CENTRE

**Baby Playgroup**  
Wednesdays  
9.30 - 10.30am  
At Place of Friends  
Woodberry Public School  
Lawson Ave Woodberry

**Woodberry PLAYGROUP**

AT PLACE OF FRIENDS  
WOODBERRY PUBLIC SCHOOL  
LAWSON AVE WOODBERRY  
MONDAYS 9 - 11AM

Like @PlaceofFriends

PLACE OF FRIENDS & MINDARIBBA LOCAL ABORIGINAL LAND COUNCIL PRESENT

**NAVIGATOR PLAYGROUP**  
Thursdays 9 - 11 AM

\$Free

@ Place of Friends, Woodberry Public School, Lawson Ave Woodberry.

BRING A HEALTHY PACKED LUNCH READY FOR YOUR ADVENTURE

**MyTime**  
Supporting parents of children with disabilities  
An initiative of the Parenting Research Centre

**Tuesdays 10 - 12noon**  
@Place of Friends  
Woodberry Public School

Time for you with friends who understand

MyTime is for parents and carers of children with a disability, developmental delay or chronic medical condition.

It's a place for you to unwind and talk about your experiences. It's a world away from appointments and therapy. It's support for you. And while you attend your group led by a trained facilitator, a play helper engages your child.

- Skilled guidance from facilitators to help you adjust to your child's diagnosis
- Information about local services and resources
- MyTime is free

Find a group [mytime.net.au](http://mytime.net.au)