



Wallaby Whisper

The newsletter for Wallabadah Public School and its community.

“Excellence in Learning”

Term 4 Week 4 ~ 2nd November, 2012

Principal's Message

Stress

Today's modern life is often fraught with stress and pressure which impacts on our life that we all need to look at ways to deal with the “troubles” each day brings. I read a story in an article that I found very interesting.

I hired a plumber to help me restore an old farmhouse, and after he had just finished a rough first day on the job, a flat tyre made him lose an hour of work, his electric drill quit and his ancient one-ton truck refused to start. While I drove him home, he sat in stony silence.

On arriving he invited me in to meet his family. As we walked towards the front door, he paused briefly at a tree, touching the tips of the tree. When opening the door he underwent an amazing transformation.

His tanned face was wreathed in smiles and he hugged his two small children and gave his wife a kiss. Afterward he walked me to the car. We passed the tree and my curiosity got the better of me. I asked him about what I had seen him do earlier.

Oh, that's my trouble tree," he replied. "I know I can't help having troubles on the job, but one thing's for sure, those troubles don't belong in the house with my wife and the children. So I just hang them up on the tree every night when I come home and ask God to take care of them. Then in the morning I pick them up again. "Funny thing is," he smiled, "when I come out in the morning to pick them up, there aren't nearly as many as I remember hanging up the night before."

It's true stress is a normal part of our life and it affects people differently, but too much stress can overload our coping mechanisms and result in stress side effects.

Children are sometimes faced with stress that we as parents and teachers are not fully aware of. It could be a bully at school, an assignment that hasn't at been finished or an activity they really don't want to be a part of. It is important that we give our children opportunities to talk about their worries and “check in with them” so see how they are coping.

The next thing is to give your child ideas for “de stressing”. Suggestions include being prepared and being organised each morning for the day ahead, listen to music to relax, or talk to loved ones such as friends and family about your day.

“Adopting the right attitude can convert a negative stress into a positive one.”

Hans Selye

Christopher Jackson
Principal

Small school “BIG” opportunities!

Coming Events

TERM 3

November

QSSAF
Kindy Orientation Day (note date change)
Catholic Christmas Scripture

21st November
26th November
29th November

December

Intensive Swimming
P&C Meeting
Presentation Night
Movie Day

3rd – 14th December
10th December
18th December
19th December



Lunch Orders

Lunches will on Monday 5th November, Kat is rostered on for canteen duty. Thank you to Joyann for coming in on Monday to do lunches. Students please remember to come to the teacher on duty first thing in the morning and order your lunch.

Canteen

We have something new to try in the canteen along with our milks and juices that we sell everyday for \$1.00 is Yoghurt with real fruit. There is strawberry and vanilla flavour and will sell for \$1.20 each. These yoghurts contain NO preservatives, artificial colours or flavours.

Welcome

We welcome Mrs Di Freeman to our staff. Di will working at Wallabadah Public School for the remainder of the year in the office and as a teachers aide.

BALDERDASH

Also know as Fictionary, and is dictionary game or a **word game** in which players guess the definition of an obscure word.

Every Friday in the 5-6J class Mr Jackson chooses a word and the students need to guess and write down the meaning. When all the meanings have been handed in, they are then read out for the children to vote on the correct answer. The children who vote for the correct answer receive house points.

Today's word is **Liana** - **Climbing and twining plant in tropical forests.**

Some of the meanings children gave

A huge nuclear building made back in the 1970's

Is a German girls name

A drug that can make you very sick

To be happy and excited

A positive word the people say

To be trustworthy

A type of mat that people worship on.



Did You Know

If your child misses as few as eight days each school term, by the end of primary school they will have missed a whole year of education.

Quenching your child's Thirst

In the coming summer months what are the best drinks to prevent dehydration?
And do you know the recommended daily intake of water for your child's age?

Find out the facts: <http://www.healthykids.nsw.gov.au/kids-teens/stats-and-facts-teens/teens-nutrition/drinks-for-hydration.aspx>



Assembly was held in the 2-4S classroom. Thank you **Emily Cronin** and **Cloe Hancock** for being such wonderful hosts.

AWARDS



K-1 Class

Quaydan Effer for now believing he can write neatly!!

Kallee Lobsey for great sentence writing in Literacy Groups.

2-4 Class

Wyatt Smith for showing keen interest in learning to speak Indonesian. Bagus!

5-6 Class

Nathan Smith for being a responsible senior member of school our.

Lia Robertson for contributions to classroom discussions.

Mrs Roseby

Joshua Hall for trying hard to improve handwriting.

Mediator Awards

Mediators awards this week go to:

Joey Reedy for being a sensible student of our school.

Cloe Hancock for settling into our school routine.

Jake Boon for having a go in handball.

Rule of the Week

Remember no playing with sticks in the playground.



Wallaby Week Ahead Term 4, 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<u>WEEK 4</u>				Assembly 5-6J

LITERACY DESCRIPTION 2-4 CLASSROOM

Title: Lucy the Good

By Jason Pendlebury

Introduction: She is eight years old and her family is from Holland.

Description: Lucy is naughty and silly. She is as cunning as a fox. She likes to plan things. Lucy is jealous sometimes. Lucy likes to wear pig tails in her hair. She is never happy with the people around her. She like to wear skirts.

Conlusion: I think she will change into a good freindly girl.

By Cloe Hancock

Introduction: Lucy is eight years and her family is Dutch. Her last name is Vanloon.

Description: She is naughty, silly, annoying and coniving. She has black hair and has a silly brother that likes yelloe and will eat anything as lons as it is covered in tomato sauce. She hates a girl called Jacinta. She is as sneaky as a fox. She doesn't like the word attitude, her father always says to stop that attitude. She is never happy. She has a toy camel. She hates her aunty because she is always mean to Lucy.

Conclusion: I believe when Lucy's aunty leaves she will be good instead of naughty and jealous.

Community News



There is more to Australia than Vegemite and Barbecues!

Bring a piece of the world into your home by becoming a volunteer host family to an exchange student from Italy, Canada, Finland or Brazil in January.

Visit New Places – Revisit Old Favourites!

Hosting a student encourages families to see Australia through the eyes of an exchange student. Invite a motivated teenage student into your home for a term, semester or year and gain a new family member and friend for life.

Become a WEP Host Family – It's Easy!

Simply submit your host family application and choose your student. Before you know it you'll be communicating with your new family member while everything else is organised by WEP!

FIND OUT MORE!

Contact Sylvia Kelly at WEP today for a FREE information pack.

Phone: 1300 884 733 **Web:** www.wep.org.au **Email:** info@wep.org.au

World Education Program (WEP) Australia is an Australian, not-for-profit student exchange organisation, determined to make a difference by helping young people of different cultures gain insight and understanding about other ways of life and world views.

NUNDLE CWA PRE-SCHOOL OPEN DAY

Date: 27th November 2012
Time: 10.30am – 12.00 pm



Come along and let your children join in on the activities

We'd love to have a cuppa and share morning tea with you and your family.

Ph: 6769 3188 (Tues/Wed) or 0428072106
74 Jenkins St, Nundle

**Explore our
Nundle Inspired
Bike Track**

Meet our pet fish

Arts & crafts



"The First Step in your Child's Education"