



Wallaby Whisper

The newsletter for Wallabadah Public School and its community.

“Excellence in Learning”

Term 3, Week 3 ~ 1st August, 2014

"Fall seven times, stand up eight." -Japanese Proverb

Imagine you have each end of a piece of elastic in your hands. Pull your hands apart and the elastic stretches. Let go of one end and the elastic bounces back to its original size. That is resilience.

For people resilience means that whatever bad times you go through you can always bounce back again and be yourself.

Wanting what's best for our kids can cause parents to rob their children of vital opportunities to develop resilience. Sometimes we love them too much.

I was reading an article written by parenting educator Michael Grose, and he talks about "Seven Resiliency Robbers" that apply to us as parents.

Parents fight childrens' battles for them and don't give them a chance to solve their own problems. (I'm guilty of that!!!) There's nothing wrong with a parent going in to bat when kids struggle with problems but this should be at a last resort, not the first option.

Parents take responsibility for children's problems. Sometimes we can take too much responsibility for issues that are really up to children to solve. Here's a clue if you are wondering what I am talking about: a jumper is something a mother puts on her son when she is cold ! We want our children to have the best, but by doing everything for them we stop them from discovering independence.

Parents give kids too much choice. In this era of giving a voice some parents go too far allowing children too much say. Kids take the easy option. For example, some kids wouldn't go to a sports carnival if they weren't involved if their parents gave them a choice. We need to be firm. Going to school is a non-negotiable day, any day.

Parents can put unrealistic pressure on kids to perform. Expectations about success and achievement are important. Too low and kids will meet them and too high they will give up. Too much and kids experience anxiety.

Parents let kids give in too easily. Research shows that resilient learners link success with effort. They don't give up when they are confronted with complex activities or bail out of a sporting team half way through the season because the team is not winning.

Parents neglect to develop independence early. We worry about our child's safety but we need to give them safe opportunities to gain independence outside home. Today's child has less freedom than those of past generations which hinders their ability to assess risk.

Parents rescue kids from challenging or stretch situations. We should resist the temptation to remove our children from situations outside their comfort zone. For example giving a talk in front of the class or going on a school camp. Don't let your child put pressure on you to rescue them from this. We all learn from situations that are challenging.

On Tuesday 12th August we will be introducing "Kidsmatter" along with several local small schools. This is a mental health and wellbeing framework for primary schools and is proven to make a positive difference to the lives of Australian children. KidsMatter Primary provides the proven methods, tools and support to help schools work with parents and carers, health services and the wider community, to nurture happy,

balanced kids. Parents and community members are very welcome to our launch as we will be joined by students from Willow Tree, Blackville and Walhallow. Further information will be in next weeks Whisper.

"People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their beauty is revealed only if there is a light from within."

Elizabeth Kubler-Ross

Christopher Jackson
Principal

Small school "BIG" Opportunities!

Coming Events

TERM 3

August

Zone Athletics	8 th
Puppet Tricksters/Kids Matter	12 th
Regional Athletics	29 th

Lunch Orders

Thank you Vicki Hawthorne for making lunches this week. Helen Smith is rostered on for lunches on Monday 4th August.



Wallaby Awards

Congratulations to Fayth Etherington for receiving her first Wallaby Award and to Brodie Nankivell, Kyiah Holland and Eve Porter for receiving their second. Well done everyone!

Sydney Excursion

Please return your expression of interest forms ASAP. Payments can be made at the front office.

Save the date

K-2 Dubbo Zoo Excursion

Tuesday 9th September, 2014

A permission note and further details will be sent home closer to the date.



ASCA

ASCA will be held on Monday 4th August at Wallabadah Public School

Good luck to the students who will be participating.

12:00-1:00 Session 1- Lochlan Cronin and Emily Dent

2:00-3:00 Session 2- Joey reedy, Sienna and Emily Cronin

Spring Ridge-By Zack Sweeney and Brodie Nankivell

On Friday 25th July, Wallabadah Public School went to the Spring Ridge Sports Carnival. First we had the March Past and Wallabadah won! We had a great time competing in our age races and field events. At last we had the ball games everybody was having lots of fun and we won the event. Ashton Sweeney and Brodie Nankivell both came runner up in their age divisions. Congratulations Wallabadah for winning the ball games and march past.



Well done to everyone on a great day!



Lochie "The Run-away Koala".
When I was camping in the bush, I saw a little Koala running away. He was a boy, his home got hit by lightning. We caught him and took him into our tent. He had broken his arm. We put a bandage around his arm. We looked after him for a week and then we let him go to find his family.



K-2 work samples

"The Run-away Koala".
It was in the middle of a warm day. It was late in summer. Me and my friends were bushwalking deep in the Australian bushland. Then, suddenly, I said "stop" and pointed further up the track. There was a awkward-looking Koala running up the track. We were walking on. Then there was truck noises. Darcy, my friend, said "I think someone has cut his home down". I said "He will climb another tree". And he did.

By-Lochlan Cronin

By-Joey Reedy

A 3-6 assembly was held this week. Hosts were Eve Porter and Brodie Nankivell.

Awards



K-1-2 Class

Lochlan Cronin for listening carefully and producing a well-structured story.

Dempsey Smith for a great recount on the country "Finland".

Joey Reedy for excellent descriptive writing in his Narrative, "The Run-a-way Koala".

Mrs Roseby

Kyiah Holland for being an enthusiastic learner.

Mrs Kemble

Breanna Young for enthusiasm towards reading.

3-5-6 Class

Zack Sweeney for writing a great Transformation this week.

Emily Cronin for excellent presentation in Creative Writing.

STOP, THINK, DO

Rule of the Week

Include everyone in your games and talk nicely to each other.

Awards

Breanna Young for always being a good friend and having a positive attitude.

Emily Dent for always being happy in the playground.



Mulch for sale

Wood chip for sale.
\$30 per box trailer
load or \$100 for 4.

For more
information
Phone
67465512.



Wallabadah Public School was honoured to receive a visit from Mr Young (School Education Director) and Mr Tehro from Finland this Thursday. Students enjoyed learning some interesting facts about Finland. The temperature drops to

-30oc in winter and rises to 30oc in the summer. In summer there are weeks of no darkness and in winter weeks of no light. Children start school at 7. Santa lives there. Finland is known as the country of lakes. The snow can get up to 6 ft deep.

Thank you Mr Young and Mr Tehro for visiting W.P.S



Wallaby Week Ahead Term 3, 2014

Focus Week: "Friendship"

Monday	Tuesday	Wednesday	Thursday	Friday
<u>WEEK 4</u>				No assembly
ASCA 12noon - 3:00pm				Zone Athletics