



Wallaby Whisper

The newsletter for Wallabadah Public School and its community.

“Excellence in Learning”

Term 2, Week 3 ~ 8th May, 2015

“The greatest gift you can give your children is to say no”

The other day I was reading an article written by Debbie Pincus MS LMHC, which I would like to share. I found it related to a seminar I attended last term.

People talk a lot about the need for “boundaries,” but what does this word really mean? As a parent, you can think of a boundary as the line you draw around yourself to define where you end and where your child begins. This isn’t always easy. And let’s face it, kids push the boundaries every day, all the time. They are wired to test us and see how far they can go; it’s in their nature. As parents, we sometimes cross boundaries ourselves in our attempts to fix things for them. Understand that one of our most important jobs as parents is to stay loving and separate from our children. We do this by clearly defining our principles, staying in our role as a parent, and sticking to our bottom lines.

“Think of a boundary as the line you draw around yourself to define where you end and where your child begins.

How do you know if your child is pushing boundaries?

Your 10-year-old interrupts your conversations with other adults without saying “excuse me” or waiting politely for a chance to get your attention.

Your young child tells you what to do and throws tantrums if you don’t do what she says.

How does it feel when boundaries are crossed? Sometimes we get clear indications that it’s happening, while other times, it’s more subtle. You might feel anxious or uncomfortable, angry, tense, embarrassed or resentful. Other times, you could react by feeling diminished, as if a rug has been pulled out from under you, or simply put in a position that doesn’t feel right. You might also see your child stepping in to a place he doesn’t belong, by acting as if he’s the one in charge.

When we get anxious about our kids, we often over-function for them and that’s when boundaries can get blurred. This means that we do too much for them, and “get in their box” instead of staying in our own. When this happens, we’ve forgotten where we end and where our child begins.

At the root of all this is anxiety. When you become nervous about your child’s success or ability to handle things in life (whether it’s in school, with friends, in sports, or with his or her ability to behave appropriately), it might feel as if you’re alleviating stress by jumping in and taking control instead of letting your child work things out for himself.

Believe me, I understand that it’s painful to see our kids struggle in life; we love them and feel responsible for them, so we naturally want to make things better for our kids and “fix things.” But know that when you aren’t able to let your child work through obstacles on her own, you’re denying her an important experience—the experience of how to overcome disappointment, how to deal with an argument with a friend, or how to talk to her teacher about a grade. I’m not saying that we should never help, guide, coach and teach our kids; of course we should—that’s a huge part of what it means to be a parent. What I’m saying is that we need to let them try to fight their own battles when possible and appropriate, rather than taking on their battles for them. Letting your child work through things is a way to respect them by observing their boundaries—and your own. How do you know if you might be blurring boundaries as a parent?

Doing for your child what he can do for himself.

Constantly asking questions; interrogating your child over everything.

Giving up your parental authority and allowing your child to take control of the household.

Further information can be found at the Empowering Parents website on

<http://www.empoweringparents.com/how-to-set-healthy-boundaries-with-your-child.php>

Christopher Jackson
Principal

Small School “BIG” Opportunities!

Coming Events

TERM 2

May	NAPLAN	12-14th
	Basketball K-6 1:30pm at Wallabadah	25th
	Australia's Biggest Morning Tea	27th
	Science day @ WTPS	28th
June	School Photos	2nd
	Chess (1 -2pm)	5th
	Regional Cross Country (Coolah)	12th

Lunch Orders

Thank you to Natasha Payne for making lunches this week. Mandy Reedy will be making lunches on **Monday 11th May**. If anyone would like to volunteer this term, please see Jaime at the front office.



Birthdays



Happy Birthday to **Kyeesha Webster** who celebrated her 5th birthday this week. We hope you had a great day!!!

Wallaby Awards

Congratulations to Zoe Kemble and Zane Smith who received a Wallaby Awards last week.



Jelly Baby Guessing Competition



And the **WINNER** is..... Jayde Smith! Congratulations Jayde, don't eat them all at once!!! A total of \$24.00 was raised and will be donated in support of Diabetes week.

NAPLAN – 12-14th May—All Students in Years 3 & 5

All students sitting for NAPLAN should make sure they get a **good sleep** and have a **nutritious breakfast**. A good run around the playground before the bell will also help activate the brain. Good luck to everyone!

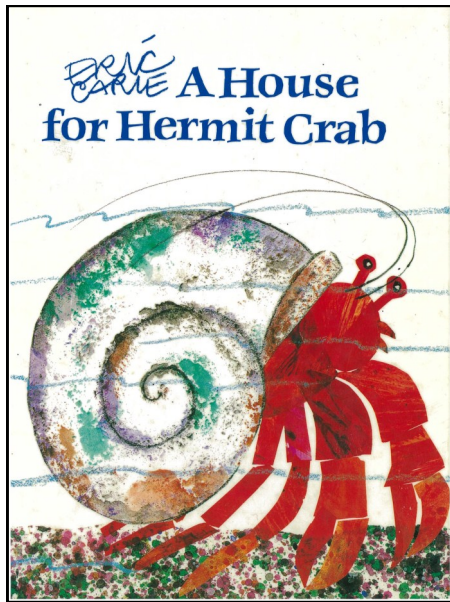
Tuesday 12th—Language Conventions & Writing

Wednesday 13th—Reading

Thursday 14th—Mathematics

SCHOOL PHOTOS—MSP Photography forms have been sent home and must be returned with payment before photo day which is scheduled for **2nd June, 2015**. Family envelopes are also available from the front office. We look forward to yet another professional keepsake.





K-2 Update



In K-2 we have been reading the story, *A House for Hermit Crab*. The Hermit Crab is moving house. He is looking for a new shell. He asks some sea creatures to help him decorate it. He likes his new home and he loves all his new friends. Lexi has a hermit crab for a pet. She brought it in to show everyone.

Thanks Lexi!!!

Welcome

The Wallabadah community would like to extend a warm welcome to the Frost-Guider family who recently moved into the area. Both Aaron (year 4) and Calum (Kindy) have settled in very well. We look forward to getting to know you all throughout the year.



We would also like to introduce **Miss Stephanie Ireland**, a prac student from UNE, who is working with Mrs Saunders in the K-2 classroom. Miss Ireland comes from Moree and will be here at Wallabadah until the end of week 5. Please make her feel welcome!

We hope you enjoy your time here.



Focus Week

This week our focus week was **"People less fortunate than ourselves"**. This was a great opportunity to increase the students awareness after our previous discussions about the recent earthquake in Nepal. Thank you to everyone for the generous donations of clothes and thank you also to James Dent for delivering them to a local charity in Dungog.

Chess

Mrs Shirley Goodwin has been devoting her time one Friday each month to assist our students in developing problem solving skills as they learn new strategies in the game of chess. Thank you Mrs Goodwin for your time last week, the children loved it!



CRF100f

Great condition!

\$2000

3 years old

Original tyres.

Contact:

Hamish Saunders 0427 461 900

STOP, THINK, DO

Rule of the Week

Play fairly during soccer and touch.

Awards

Natalie Payne for including others in her games.

Joey Reedy for playing fairly with other kids!!



Library Awards

Congratulations to the following students for receiving a Library Award.

Natalie Payne, Sophie Tacon, Alexis Sweeney, Zoe Kemble, Quaydan Effer and Zack Sweeney.

Wallabadah P & C Pie drive

Thank you to everyone who supported the P & C Pie Drive.

Orders may be **collected on Friday 15th May, 2015.**



A K-2 assembly was held this week. Your hosts were Lochlan Cronin and Sophie Tacon.

Awards

K-1-2 Class

Dylan Stocks for improvement in sentence writing.

Natalie Payne for completing great paragraphs in writing.

Mrs Roseby

Zack Sweeney for having a positive attitude at "Operation Art".

Mrs Kemble

Chloe Dent for improvement in fine motor skills.

3-6 Class

Zack Sweeney for working well in mathematics groups.



Wallaby Week Ahead Term 2, 2015

"International Week of Families"

Monday	Tuesday	Wednesday	Thursday	Friday
<u>WEEK 4</u>	NAPLAN	NAPLAN	NAPLAN	General Assembly



Wishing all of our wonderful mothers, grandmothers and carers a very special Mothers Day. Thank you for all that you do.

Relax and enjoy!!