



# Wallaby Whisper

The newsletter for Wallabadah Public School and its community.

## “Excellence in Learning”

*Term 2, Week 6 ~ 29nd May, 2015*

*"Mum! I want a LEGO kit!" demands a five-year-old boy when accompanying his long-suffering mother on a shopping trip.*

"No! You have one at home," says the mother. "I have a pirate LEGO kit, I want a space one!" the boy persists. The mother relents when the boy bursts into tears. She's gone to the supermarket to buy groceries for the family, but instead ends up buying the space LEGO kit for the boy. I'm sure we have all seen this scenario (or been involved in it ourselves). Let's face it even the most "iron willed" parent will not want the stress in public and in the end give in.

Learning to say "no" to our children is one of the first things we learn as parents. Maybe the mother in that scene had given in too easily, as the boy should have been taught that he can't have everything he wants, and that he should have behaved more respectfully to his mother in public. Also by giving in to her son's persistent demands she was in effect teaching him that tears and tantrums will always get him what he wants.

Although the theory is always easier than the practice, we need to know the proper time to say 'no' to our children. "Don't give in but choose your battles" they say. There are a number of strategies we can use as parents to deal with situations like this, and it does take effort and having to make the hard decisions. Being a parent is not always easy.

First let's look at how to say "no". We've all heard the expression "it's not what you say, it's how you say it". Never is this more aptly shown than when we try to find ways to say "no" to our children. Part of the best advice ever about saying "no" to children is to realise that children will react to the word "no" but also to what accompanies it. If every time they hear "no" it is said loudly, with anger or meanness or the word is surrounded by other harsh language they will react negatively. It needs to be said in a caring but firm way so that your child knows you mean it. In fact, children who repeatedly hear gentleness and concern in a parent's voice learn to accept and respect the "no" as something parents say to keep children well or safe. Their willingness to respond without a fuss to a parental "no" will likely be increased.

Another way is to introduce an alternative. For example, instead of saying to a child "No, you can't play the Playstation" and ending up in a possible screaming match where everyone is a loser, it's smarter to say "I'd rather you didn't play it now, so how about taking a walk to the park, or help to get supper ready instead."

Alternative suggestions can also be offered with your "no" when you can also say a backhanded "yes" simply by changing the time frame. The child hears the "no", but before they can get too upset they also hear the fact that at another time they might get their choice. For example "No, I'm afraid you can't have cake right now, but I will cut you a special piece that you can have after dinner."

Keep tabs on how often you say "no". This is when you need to choose which battle needs to be won and the ones that don't really matter. Ask yourself if you are saying "no" simply out of habit. Your child won't be able to determine which is the habitual "no" and which is "I really mean no".

Teaching a child to say "No, No" to a sibling about to do something dangerous is a good thing and should be encouraged. Encouraging a child to kindly, but firmly, say "no" to their dog when it jumps up is also a good thing. Parents can also teach children to say "no" to choices when they are offered, for example selecting things to eat, shows to watch on television and games to play can all receive a "no" from a child in an appropriate manner. When children are taught how to politely say "no" to some options they not only learn the power of the word but also the right way to use it.

Our children will grow up into a world where the word "no" will be important to their own well being. That's why the best parental advice ever about saying "no" to children is to teach them at an early age, through your own example, how important the word "no" can be in their lives and how to say it appropriately.

**Christopher Jackson**  
**Principal**

**Small School “BIG” Opportunities!**

# Coming Events

## TERM 2

### June

School Photos	2nd
Chess (1 -2pm)	5th
Public Holiday (Queen's Birthday)	8th
Regional Cross Country (Coolah)	12th
P & C Meeting	15th
Responsible Pet Education	16th
Athletics Carnival	18th
Parent Teacher Interviews	23rd

**Please note:**  
School badges  
are now \$7.00  
each



### Birthdays

Happy birthday to Alexis Sweeney and Jayde Smith who both celebrated their birthday this week.

### Lunch Orders

Thank you to Helen Smith for making lunches this week. Kevin Webster will be making lunches on **Monday 1st June**.

### Wallaby Awards

Congratulations to Ashton Sweeney, Natalie Payne, Kallee Lobsey and Joey Reedy for receiving a Wallaby Award this week.



### Reminder-School Photos

School Photos will be taken on **Tuesday 2nd June**. Envelopes have been sent home and need to be returned **on or before the day**. Children must be dressed in **Full School Winter Uniform** including school ties, correct long sleeve shirts, green stockings for girls and black school shoes. On Monday students may wear their sports uniform to school.



### Joan Carpenter Scholarship

The Joan Carpenter Music Award is on once again. It is open to any students who sing or play a musical instrument.

There will be three age categories with First, Second and Third prize money in each age group, with the major prize, The Joan Carpenter Award, being selected from any one of the performers, irrespective of age. The total prize money this year has been increased to \$1,000.00 and will be allocated over 3 separate age groups. Importantly the function creates a forum for children to perform in public, which in turn lifts their self confidence.

The Competition will be held in the Quirindi High School Hall commencing at 1.00 pm on Sunday **14th June 2015**, with participants requested to arrive at 12.30 pm. Any student wishing to compete should complete an application form and return to David Wallis, 1681 Kamilaroi Highway Quirindi or fax to 6746 2082.

The Competition is sponsored by the Liverpool Plains Shire Council, Julie Green Real Estate as well as the Quirindi Rotary Club.

All children attending local schools or those up to 18 years of age residing in the Liverpool Plains Shire Council area are eligible to compete. An Application form is available at the front office.

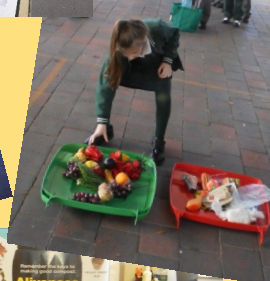




# Science Festival



On Thursday 28th May, Wallabadah Public School visited Willow Tree Public School for our Term 2 Science Festival. Students learnt how to make paper, make a wind sock, how to filter water, make compost, germinate seeds and create a weather vane. What a great day!!!



Thank you to Willow Tree Public School and EnviroCom Australia



## Basketball

On Monday students enjoyed a free Basketball clinic. They learnt lots of new ball skills and had lots of fun!



## NRL Clinic

Today's NRL clinic was postponed due to wet weather. A new date is yet to be confirmed.





## STOP, THINK, DO

### Rule of the Week

Remember to have your hat and jumper with you at morning assembly each day!!!

### Awards

**Aaron Frost-Guider** for settling in well at Wallabadah.



### Library Awards

Congratulations to the following students for receiving a Library Award.  
**Rigby Smith, Damien Webster and Kyeesha Webster.**

A K-2 assembly was held this week. Your hosts were Lexi Sweeney and Natalie Payne.

## **Awards**

### K-1-2 Class

**Rigby Smith** for working hard to recall sight words in writing activities.

**Brian Stocks** for a mature approach towards all school work.



### Mrs Roseby

**Dylan Stocks** for clever thinking and ideas in Science.

### Mrs Kemble

**Kallee Lobsey** for interacting well with others at Willow Tree Science Day.

### 3-6 Class

**Zoe Kemble** for working well in Problem Solving—Mathematics.




Thank you Mr & Mrs Smith for bringing in your massive Gooseneck for Zane's news. The students loved looking through it!



## **Wallaby Week Ahead Term 2, 2015**

"World Environment Week"

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>WEEK 7</u></b> Professional Development @ WTPS	<b><i>School Photos</i></b> 			Chess 1-2pm General Assembly





## Australia's Biggest Morning Tea

Thank you to everyone who attended and helped support this wonderful cause.





