From the Principals’ Desk

Facebook  Today we have officially launched our Facebook site. See page 3 for a full description of the site, acceptable usage rules and details about the purpose and management of the site. This is a new step for us in working more closely and engaging with the school community. We hope you find value in being connected with us via Facebook.

School Garden  This week we farewell our school vegetable garden assistant Mrs Sharon Rushworth who has dedicated the last four years to creating, maintaining and developing the school vegetable garden into the great resource it is today. The garden has been a wonderful asset to students across all grades and produce has been used in the canteen, entered in show competitions and been taken home by students and staff alike for consumption at home. Today I recognise and thank Mrs Rushworth for her time, energy and expertise over this time in making the garden so central to children’s learning. See page 5 for some further details and a farewell message from Mrs Rushworth who will be moving on to employment elsewhere. Thankfully Mrs Janelle Fraser has volunteered to take over school garden routines for the remainder of the year.

Yesterday  Years 3 & 4 children participated in an excursion to Sydney where they visited the Australian and Power House Museums were they saw some amazing item and hands on displays. See page 4 for a full description of their activities.

Today  Students in years K-2 participated in a ‘Travelbugs Mobile Mini-beasts Day’ featuring live and preserved mini-beasts. The focus is on their habitats, life cycles and behaviours and why they are so important to our environment, all of which ties in closely with the work the students from Kindergarten to year 2 have been studying. Week one newsletter next term will have complete details and lots of photographs.

Best wishes is extended to the Boys Touch Football squad who will play their semi-final against Orange this Friday 18th September from 12noon here in Wallerawang. Parents are welcome to come along and cheer on the team as they attempt to make the next round early next term.

Student Wellbeing  Parents are urged to watch children carefully at this time of term in regard to their health and well-being. Absenteeism has been very high this week and last week due to flu like symptoms which are best managed by keeping children at home. Up to 34 children have been affected this week and to help reduce the spread we ask that parents be vigilant by not sending children to school when infected.
Year 6 BBQ / Bushdance and Disco was well attended last Thursday with students from Kinder to Year 6 participating in a very structured and fun night. Parents and staff joined together to run the program and provide dinner for the children. A big thanks goes to the coordinators and helpers for making it such a successful evening. The purpose was the ‘fun-factor’, which was well and truly achieved. The spin-off was that Year 6 raised some coins to put towards the year 6 gift to the school at years end.

Service of Hope Memorial Service will be held at the Portland Community Centre on Sunday 20th September commencing at 2:30pm. It is hoped the community coming together in this way will unite our people after the recent tragedies felt in the area. Council will host an afternoon tea following the service. Everyone is most welcome.

School Fete Several parents came along on Monday afternoon from 5:30pm to assist in planning this year’s school fete. Lots of good ideas were discussed and plans are underway to ensure a successful day for everyone involved. The fete will be held on Friday 16th October, which is the end of the second week of term. A finalising meeting will be held on Monday evening 12th October to wrap up the planning. Note the date in the diary if you can help out. Thank you is extended to the parents that came along this week.

Last day of term Arrangements Students are invited to donate a gold coin and wear casual clothes on the last day of term (this Friday 18th September) in support of cerebral palsy. Four teams of school staff are currently participating and competing in the ‘Steptember’ challenge which raises money for research and support for people with this condition.

Assembly will be held this Friday from 9:15am with step up certificates and other awards being presented. A farewell and thank you to our practicum students will also be a part of this assembly. Parents and community members are welcome to come along and join in the celebration of student achievement, citizenship and positive behaviour.

Duncan Auld Principal

Western Region Debating Trials
This Friday Ben Seymour and Chloe Petersen will travel to Orange to try out for the Western Region debating team. They were selected after excellent performances with their team mates throughout the school debating competition and will be put through their paces in a series of workshops and debating tasks in an attempt to gain selection in the Western region team. I would like to wish Chloe and Ben all the very best for the trials and look forward to hearing about their day.

School Leaders P&C Street Walk
On Thursday the school captains and prefects will represent our school when they travel to Lithgow with P&C representatives to approach local businesses seeking donations for prizes for the upcoming fete. They will need to ensure that they are in full school uniform and I’m sure that they will represent the school wonderfully.

Katrena Fraser (Assistant Principal Primary)

P&C News
Our Fete is planned for Friday 16 October which is the second week of Term 4. We are seeking donations of:

- **Chocolate Bars for the Chocolate Toss Stall**
- **Unwanted books for a Book Stall**
- ‘White Elephant’ items. Any toys, games, household items, etc. must be in good condition (NO ELECTRICAL GOODS AS WE ARE PROHIBITED TO SELL THESE)

Chocolates to class teachers, all other items to the front office, thanks.

Fete Rides Wristband Order Forms have been sent out and should be returned after the holidays. All rides are suitable for ages from 4 years.

Website: www.wallerawan-p.schools.nsw.edu.au

Email: wallerawan-p.school@det.nsw.edu.au
Today we have launched the official Wallerawang Public School Facebook page. This is a wonderful opportunity to showcase the brilliant achievements of the school and students and share our successes with the broader community. Wallerawang Public School offers a world of opportunities for all students and continues to strengthen its positive and productive relationship with the community.

Students will feature on our Facebook page in accordance with the current student permissions for digital publishing held by the school for each individual student. If a parent/carer has not provided consent for their child to be published on the internet then their child will not appear on our school Facebook page.

Wallerawang Public School values the responsible use of social media articulated in a range policies and guidelines that govern the expectations of online behaviour. We reserve the right to remove any content that we believe is in breach of our policies, standards, guidelines and the values of our school, therefore we ask that users abide by our Facebook page Guidelines/Rules of Engagement. These are posted in the “Page Info” section of our page found under the ‘About’ tab.

Rules of Engagement

We ask Users to be respectful and positive in their comments and posts on our page. Wallerawang Public School will remove content if it contains offensive, abusive, obscene, profane, hateful or racist content, links or images, or comments that threaten or defame any person or organisation.

This page is not intended to circumvent regular communication channels for sharing personal issues and concerns. If you have an issue or any concerns, please contact the school through the usual channels. Please be certain that your comments are appropriate for an educational environment and viewers of all ages. Comments regarding a personal issue with the school, a staff member or an associated parent or person will be removed.

Users must be over the age of 13 in accordance with Facebook Terms of Service. Users under the age of 13 will therefore be removed and blocked.

Posts that involve solicitations and advertisements by other organisations or endorsements by, or of, other organisations, will be removed.

Please don’t be offended if School Staff do not confirm friend requests. The NSW DEC discourages this as part of our Code of Conduct to avoid conflicts of interest.

For further information regarding the use of our official Facebook Page please contact the school directly on 02 6355 1210.

We look forward to sharing news of exciting school events, learning activities and achievements with you via Facebook. Make sure you ‘like’ the official Wallerawang Public School Facebook page to follow the posts.

We can be found at www.facebook.com/Wallerawang-Public-School-1486254088366215/timeline/
Stage 2 Sydney Excursion

Early in the morning at 6.45am on Wednesday 16th September, Stage 2 students, staff and helpers boarded the buses for their excursion to Sydney. Once the rolls were marked and groups organised, the excitement kicked in as the sun rose up through the fog as we drove out of Wallerawang.

Our first stop was at Springwood for an early recess and to stretch our legs before we hit the heavy morning traffic on the outskirts of Sydney. From this point everyone started to become more chipper as we were running ahead of schedule, until we hit Parramatta Road. Luckily, we had planned for delays!

Our buses arrived at the Australian Museum at 10.15am, and after a short discussion of some key areas and exhibits, we divided and headed off in our groups. Unlike some museums, the Australian Museum allowed us to touch and discover through self-guided tours through exhibits including ‘Surviving Australia’, ‘Dinosaurs’, ‘Birds & Insects’ all of which we could play with bones, feel fur, feathers and scales, and use microscopes.

We assembled across the road at Hyde Park at 12.45pm for a quick lunch and proceeded to the Powerhouse Museum. Again, students were able to engage freely in hands-on, exploratory displays to take charge of their own learning up, down, over and through the many exhibits. One of the highlights was the ‘Mars Yard’ robotic show, and both the ‘Transport’ and ‘Space’ areas proved to be exciting, allowing students to climb through trains and experience life in a space shuttle.

All students should be very proud of the way they presented themselves and represented our school! Museum curators and staff were kept on their toes many times with all of our questions and queries, with many students able to showcase their keen and informed knowledge learnt over the term in front of other museum visitors.

Of course our excursion wouldn’t have run smoothly without some passionate organisation by Mr. Campling, all of the teacher and parents helpers, and of course the bus drivers keeping to schedule! A great day was had by all and I feel very privileged to have been a part of such an exciting and fun day.

Miss R Mitchell
Intern 3/4F
To Wallerawang School Community

I would like to take this opportunity to thank you all for the support you have given me since 2009. I have really enjoyed the time I have spent at Wallerawang School from volunteering in the canteen and vegetable garden to working in the classrooms. The memories I have will stay with me forever. I love planting vegetables and watching them grow and I feel very proud to have shared this with all.

As I move into a new role in a career that I am very excited about I wish you all the best for the future and “Happy Gardening”.

Mrs Sharon Rushworth.

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**Hampton Public School Trivia Night**

Saturday 19 September

6pm for 6:30pm start

Hampton Halfway Hotel Motel

Price: $25 per head (8-10 per table)

Bookings: Belinda Greer (Relieving Principal) 0404 294 201

*Nibbles and supper are included in the cost. Prizes to be won!

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**FOR SALE - La Salle Uniform Items**

1 La Salle Blazer size 40
1 Tracksuit pants size 32 worn once
1 white collared boys shirt size 40
1 woollen jumper size large
1 grey trousers size 36
1 boys school tie

TOTAL FOR UNIFORM $200

1 size 14 Wallerawang school polar fleece jumper $15
1 size 16 Wallerawang school Polar fleece jumper $25

NEVER WORN

All of these items have been taken care of and are in very good condition

Please contact Janelle

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**Nanna’s Touch**

**ASD Sensory Products & Support - Lithgow**

We provide support focusing on Autism Spectrum Disorder, special needs and disadvantaged kids. **KID’S CLUB** will assist with life skills, social skills, confidence and achievements.

**OPEN DAY at PCYC Lithgow Sat 19 September 10am - 12pm. Further details ph 0409 765 601**

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**CANTEEN ROSTER to End of Term**

<table>
<thead>
<tr>
<th>Date</th>
<th>Canteen Roster</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday September 17</td>
<td>Canteen Closed</td>
</tr>
<tr>
<td>Friday September 18</td>
<td>Karen Desch</td>
</tr>
<tr>
<td></td>
<td>Sheree Scanlan</td>
</tr>
<tr>
<td><strong>TERM 4</strong></td>
<td></td>
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<tr>
<td>Tuesday 6th October</td>
<td>Closed</td>
</tr>
<tr>
<td>Wednesday 7th Nov.</td>
<td>Rita Doalman</td>
</tr>
<tr>
<td></td>
<td>Carol Chew</td>
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</tbody>
</table>

Website: www.wallerawan-p.schools.nsw.edu.au
Email: wallerawan-p.school@det.nsw.edu.au
Fruit & Veg Month 24th August-18th September

How to help kids and teens eat more fruit and vegies

Eating more fruit and vegies every day can sometimes be a struggle. However, research shows that we’re more likely to do so if they’re available and ready to eat. Children may need to try new fruits and vegies up to 10 times before they accept them. So stay patient and keep offering them. It can also help to prepare and serve them in different and creative ways.

Some ideas to try:

- Involve the whole family in choosing and preparing fruit and vegies.
- Select fruit and vegies that are in season – they taste better.
- Keep a bowl of fresh fruit in the home.
- Be creative in how you prepare and serve fruit and vegies, such as raw, sliced, grated, microwaved, mashed or baked; serve different coloured fruit and vegies or use different serving plates or bowls.
- Include fruit and vegies in every meal. For example, add chopped, grated or pureed vegies to pasta sauces, meat burgers, frittatas, stir-fries and soups, and add fruit to breakfast cereal.
- Snack on fruit and vegies. Try corn on the cob; jacket potato topped with reduced fat cheese; plain popcorn (unbuttered and without sugar or salt coating); chopped vegies with salsa, hommus or yoghurt dips; stewed fruit; fruit crumble; frozen fruit; or muffins made with fruit or vegies.
- Try different fruits or vegies on your toast – banana, mushrooms or tomatoes.
- Add chopped or pureed fruit to plain yoghurts.
- Make a fruit smoothie with fresh, frozen or canned (in natural or unsweetened juice) fruit; blend it with reduced fat milk and yoghurt.
- Chop up some fruit or vegie sticks for the lunchbox.
- In summer, freeze fruit on a skewer (or mix with yoghurt before freezing) for a refreshing snack.
- Make fruit-based desserts (such as fruit crumble or baked, poached or stewed fruit) and serve with reduced fat custard.
- Have fresh fruit available at all times as a convenient snack – keep the fruit bowl full and have diced fruit in a container in the fridge.

For more great ideas visit http://www.healthykids.nsw.gov.au
Disco Fun

Website: www.wallerawan-p.schools.nsw.edu.au
Email: wallerawan-p.school@det.nsw.edu.au
What parents should know about Instagram

It's hard to keep up with all the social media platforms and apps our kids want to use. Instagram is currently one of the most popular social networks for school-aged children at the moment. It's a free, photo and video sharing mobile application and social network for people aged 13 years and over. There's no age-verification process though, so younger children can create an account pretty easily, sometimes without parents even knowing. Instagram say they'll remove under-age users' accounts if they are reported. Instagram has just published "A Parent's Guide to Instagram", and it's a great place to start if you want to know more about how it works and how it can be used safely.

Community Information Evenings

GRIEF LOSS TRAUMA

Local Counsellor and Psychotherapist Joanne Murray from Lithgow Counselling & Therapy Service is providing free information question and answer sessions for parents, community members, teaching staff and the general public of the broader Wallerawang community following the tragic deaths of two young community members recently.

Joanne is a long standing member of the local community and recognises that all people have been confronted and touched by the dreadful reality that terrible tragedies do occur. Joanne specialises in complex trauma, grief and loss.

The focus of the sessions will be how grief, loss and trauma affects children, families and communities.

Where: Wallerawang School Hall

When: Thursday 17th and 24th September (you can attend one or both sessions)

Time: 5 – 6 pm

Joanne will provide information on:

- How can we help the children in our community cope with the deaths of friends and classmates?
- How children express trauma and grief, fears, emotions and acting out.
- The many questions children ask about death.
- Things you can try as a parent, caregiver or teacher to assist children in the grief process.
- As adults how can we help one another?

If you have questions or concerns, if you want to talk about how you or your child is adjusting following the tragic passing of two local children or perhaps your family has experienced other grief, loss or trauma in recent times, please feel welcome to come and join with others.

Joanne will provide a professional framework throughout the sessions which will be informal and respectful of each person’s situation and feelings.

Joining forces in the face of a crisis will assist in the process of children and adults safely moving forward through their grief.

For more information ring Joanne Murray on 0407 263 077

These sessions are free community service events, and are the independent initiative of Joanne Murray. These sessions are in no way being held in association with any other organisation or service provider.
Communities and Kids Resource Centre is located at Portland Central School in the playgroup room.

Address: Vale Street Portland
Open: 1-4pm every Monday
It is designed to assist people with the local services that are available in the Lithgow and surrounding areas.

Playgroups will be run each Monday.
- Infant music and move playgroup for 0-2 years old. Time: 9:30-10:30am
- Pre-school play session for 2-6 years old begins at 11:am and runs until 1:00pm

The resource library is here for your convenience.

Information on the following services is available.

- Playgroups
- HACC (Home and Community Care)
- Home Care
- Supported accommodation service (disability)
- Multicultural support and community groups
- Brighter futures
- Legal Aid (free advice)
- Life Line (gambling Help and Budgets)
- Family and Adolescent counsellor
- NILS - Step up loans
- Galloping Gumnut
- Childcare and Preschools
- Community Transport
- Child and Family health clinic
- Library
- Housing NSW
- PCYC
- Family support service
- Community Projects
- Interact (Injury management)

Phone: 6354 5906
Mobile: 0409 522 051
Email: Lydia@linc.org.au

Communities &
Kids

Mu Yeh Taekwondo

Do you want to improve your self-esteem, self-confidence, self-discipline and general fitness? Learn the exciting Martial Art and Self-Defence system of Taekwondo! We cater for juniors, seniors, or the whole family! Mu Yeh Taekwondo specialises in street-wise, women's and children's self-defence. Enquire about our Little Dragons class for 4-6 year olds! Also, check out our Kick-fit fitness Class for adults. (no martial arts experience necessary)

After 15 years at Wallerawang, we have now moved to our fully equipped studio at Portland.

For more information phone Master Instructor Steve Ashbridge, 6th Dan Black Belt, on 0409 305 327. You can also visit our website at: www.muyehtaekwondo.com

Y - NOT KANGA HIRE

Tony & Carol McGregor

Phone: 6354 5906
Mobile: 0409 522 051
Email: Lydia@linc.org.au

Website: www.wallerawan-p.schools.nsw.edu.au
Email: wallerawan-p.school@det.nsw.edu.au
EARN AND LEARN IS OVER FOR 2015

As you know, our school has been participating in the Woolworths Earn & Learn program. The program has now finished for this year, so a big thanks to everyone who supported our school. We're now at the important stage of the program where the Sticker Sheets are collected and lodged as our Earn & Learn claim.

We will then be able to get new educational equipment for our school. The more we collect, the more we can redeem. So this week, please send in your Woolworths Earn & Learn Sticker Sheets and any loose Earn & Learn stickers you may have. Remember to check your handbag, the car glove box or they maybe stuck on the fridge. Every little bit helps. Thanks again for all your support!

SENIOR FUTSAL COMPETITION
CANCELLED FOR TONIGHT
Competition will begin Term 4

Expressions of Interest for the next Futsal Competition
(Indoor Soccer)
WHO CAN PLAY?
Girls, Boys, Women, and Men
Friday night Competition subject to demand we will be running the following age groups: Minis and Juniors U/6, U/8, U/10, U/12 and U/14
WHERE DO I PLAY?
At the Wallerawang Indoor Sports Centre, Barton Avenue, Wallerawang (next to Wallerawang Public School)
HOW DO YOU REGISTER OR EXPRESS YOUR INTEREST?
Contact Carleen on 0402 205070, or by email cpc_chook@hotmail.com
Mini and Junior nominations need to be in no later than Friday 2 October

Scribbling together
Art Therapy group

Relationship Building
Attachment focused
For families with pre-school aged children aged 1½ to 3½ years old
3 week group held on Wednesdays
14th, 21st & 28th October — 10.00 am to 11.30 am
All workshops will be held at 261 Main Street, Lithgow
Morning tea provided
King Feather on 4782 1355 for Claudia on 6551 4035 or more information

Lithgow Family Support Service
261 Main Street, Lithgow
t-0263514055
f-0263512110
e-familyworker2@famsup.com.au
A partnership project of:
Lithgow Family Support & Mountains Support

Website: www.wallerawan-p.schools.nsw.edu.au
Email: wallerawan-p.school@det.nsw.edu.au
Thank You and Our Very Best Wishes.

Mrs Sheehan, Miss Mitchell, Mr Howell, Miss Johnson, Mr Rayner and Miss Zohar

Wallerawang Public School has been lucky enough to have some fresh faces in their line up this term. They have contributed to the school environment in a very professional and enthusiastic manner and have been a part of all activities. They are all at different stages in their training with Mrs Sheehan, Miss Mitchell, Mr Howell, Miss Johnson and Mr Rayner completing their internship and Miss Zohar studying externally and in the beginning stages of her professional practice.

It is wonderful to see the way that they have interacted with staff, students, parents and the wider community and to see that the teaching profession is in good hands. Along the way as well as being mentored by their professional associates and the staff in general they have also come with great ideas and programs implemented across the school. On behalf of the Wallerawang School community we wish them all the best in their future teaching careers and look forward to seeing their friendly faces back at Wallerawang.