From the Principals’ Desk
Wallerawang/Lidsdale P&C Association will meet on Monday 14 September at 6:30pm in the Library to discuss future priorities, funding proposals and to develop plans for the school canteen in Term 4. New members are always welcome.

NAIDOC Celebrations
Last Thursday Wallerawang staff & students participated in NAIDOC (National Aboriginal and Islander Day Observance Committee) celebrations with an informative and fun day for all. The Lithgow Aboriginal Education Consultative Group (AECG) committee executives assisted with the organisation and came along to enjoy the celebrations. As part of the assembly Mr Owen Smith presented the school with an Emu caller.

Special guest Mr Roger Holten, also known as Uncle Mick, Elder from the Dunghutti people of the mid-north coast of NSW delivered an informative and interactive artefacts show throughout the day to all the students. Uncle Mick told stories about each of the artefacts to explain their uses. Some of the students were called upon to assist with the demonstrations. See page 6 for photographic coverage of the day.

Students learnt about ‘Jonny Cakes’ and ‘Bush Bread’ (simple bread made from water and flour). Australian Aborigines originally baked this bread, European settlers gave it the name ‘Damper’. Students compared the Aboriginal and European recipes. Each class made a damper and enjoyed their baking topped with honey.

Acknowledgement and thanks is extended to the organising committee of Ms Graham, Ms Gurney and Mrs Davidson, along with parent helper Janelle Fraser that managed the cooking in the canteen, Ms Fahey for leading the choir and Miss Lang for writing this contribution for the newsletter.
NAIDOC celebrations were followed on Friday by a school assembly which once again celebrated the academic, social and community mindedness of students K-6 through the receiving of the many and varied school awards. See page 7 for an assortment of photographs from the morning. **Assembly will be held again this coming Friday** with Mr Scott Weir from NSW Trainlink attending to deliver a community talk on rail safety and present a special award to **Monique Gearseide** for her winning colouring competition entry.

Congratulations to **Lachlan Taylor, Shelby McCann, Brooke Lewis, Ben Seymour, Clayton Tracey and Piper Anderson**, who have all received some great news this week regarding their placement at high school next year. See page 3 where Mrs Fraser details their accomplishment.

**SunSmart Kids** It is timely to remind children and parents about the importance of wearing hats and sunscreen during the warmer and more intense weather. Teachers this week have spoken with children about wearing hats and will begin moving children from the exposed play areas as part of our endorsed SunSmart strategies. Please ensure children wear **broad brimmed bucket hats** and do not allow them to wear caps as these are not endorsed by the NSW Cancer Council. Any families experiencing financial difficulties are welcome to contact the school office staff and discuss financial assistance to purchase a suitable school hat.

**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.

Another lovely gesture of kindness was demonstrated last Thursday morning when Mr Kevin Jones – Principal, from **Bede Polding College** in South Windsor organised a delivery of gifts in the form of cinnamon ginger style biscuits, coated with white icing and the imprint of a dove centrally placed on the biscuit. Also enclosed in the package was a bookmark. The design on the bookmark depicting their school crest enfolding our school crest in a sign of love, care and support for us all. All members of Bede Polding College from Year 7-12 contributed to the making of these beautiful gifts to give to every student and staff member of our school. They share our loss and have conveyed this in a very personal manner. We thank them sincerely for their compassion and empathy.

**LCC & Combined Churches** will be hosting a ‘Service of Hope’ on Sunday 20 September at the Portland Community Centre at 2:30pm. An open invitation to all residents of Wallerawang, Portland and the Greater Lithgow area is extended due to the recent tragedies experienced in our local community.

**Last day of term arrangements** Students are invited to donate a gold coin and wear casual clothes on the last day of term (next 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.

**Duncan Auld - Principal**

**Sport News**

**Girls Cricket**

Last Thursday Piper Woolsey travelled to Dubbo to try out for the Western Area Girls Cricket Team. The competition standard to make this team is very high. Forty girls were vying for a spot in this team. Piper put in an enormous effort and was unlucky not to be selected. We Congratulate Piper for making it to the trials this year and wish her every success in her future cricket endeavours.

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**Legacy merchandise** will be for sale this week during recess. Items available include Badges for $2, $5, $10 and $50. Pens for $5 and wristbands for $3.
Stage 3 Personal Development

Tomorrow, Thursday 10 September, Stage 3 will be involved in the personal development program where they will spend the day focusing on their emotional, social and physical growth. This is an important part of the stage 3 curriculum and all students across the stage will be involved in the program throughout the day. It is a highly valued program in our school and helps prepare the students for the changes that they encounter as they grow and change. If you have any questions please feel free to contact Mrs Fraser at the school.

LHS Enrichment Class

Earlier this term we had several students sit the Lithgow High School Enrichment Class Test in hope that they would gain a placement in the class. I am very pleased and proud to announce that I have been informed of six of our students who have been successful. Congratulations to Lachlan Taylor, Shelby McCann, Brooke Lewis, Ben Seymour, Clayton Tracey and Piper Anderson, who have all received notification of their placement in the class for 2016. We are very proud of all of you. Well done! We had many students apply that were also very deserving but with limited class placements and the large number of applicants from around the local schools we were very lucky to have six of our students selected in the class.

Katrena Fraser

P&C News

Thank you to all parents who helped with the Father's Day Stall. The children had such delight in purchasing something special for their Dad.

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 can be found on the back page of this newsletter. All rides are suitable for ages from 4 years.

Early Stage 1 and Stage 1 have received notes for a visit to our school from 'Travelbugs Mobile Mini-beasts'. This incursion takes place on Thursday 17 September and ties in closely with the work that students in Kinder and Years 1 & 2 have been studying in Term 3. The cost is $12 and is due by this Friday 11 September.

Stage 2 Excursion

Australian Museum and the Powerhouse Museum

The excursion takes place on Wednesday 16 September. The cost is $35.00. Leaving WPS at 6:45am returning by approximately 5:30pm. Notes have gone home with Stage 2 students with comprehensive details. Permission notes and payment to school by Friday 11 September. Please adhere to this date as numbers need to be finalised with venues.

STOP PRESS

SENIOR FUTSAL COMPETITION CANCELLED FOR TONIGHT

Competition will begin Term 4 Wednesday 7 October 2015
Year 6 Fundraising Committee

BBQ / Bushdance / Disco

The fun takes place on Thursday 10 September at the school hall.

K-2: 4:30pm - 5:30pm (BBQ at end of disco)

Years 3 - 6: 6:00pm - 7:00pm (BBQ at start of disco)

Years 3 - 6: Please arrive at 5:30 to enjoy your sausage sandwich before your Disco

Disco entry is by gold coin. Parents are asked to pick up kids at the end of their allotted disco time.

All BBQ orders have now been collated. There will be a limited number of sausage sandwiches and Poppers for sale on the day.

FOR SALE - La Salle Uniform Items
1 La Salle Blazer size 40
1 Tracksuit pants size 32 worn once
1 white collared boy's 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 0263557071 or 0427735963

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
Fruit & Veg Month 24th August-18th September

Put fruit and vegetables into every meal
It’s a good idea to eat a wide variety of fruit and vegetables and to include some in every meal. There are lots of interesting and tasty ways to do this – fruit and vegetables can be served raw, baked, grated or diced. They can also be added to other ingredients.

⇒ Put sliced banana or strawberries on cereal.
⇒ Add chopped fruit to yoghurt.
⇒ Make a smoothie using fresh or frozen fruit.
⇒ Pack vegetable sticks in your lunch box.
⇒ Try vegetable kebabs with your dinner.
⇒ Top your pizza with sliced mushrooms and capsicum.

Eating fresh fruit is much better for you than a glass of fruit juice, which can have up to six teaspoons of sugar and very little dietary fibre. Fresh is often the best but canned (low salt), dried and frozen fruit and vegetables are good alternatives. It’s best to choose ones that have been packed in water or natural juice, rather than those with added sugar (in syrup) or salt.
Dried fruit, like apricots, apples and sultanas, are high in vitamins, mineral and fibre. However, they’re also high in sugar and can cause tooth decay, mainly because they tend to stick to your teeth. It’s best to have only small quantities of dried fruit – and make sure you have a glass of water afterwards too!

Visit [www.healthykids.gov.au](http://www.healthykids.gov.au) for more healthy eating tips and resources.

Let’s Go Green
Stage 2 classes made ‘Traffic Light’ posters in ‘Life Skills’. They show which fresh, frozen and canned fruit and vegetable choices are great for everyday consumption and which ‘fruit or vegetable products’ we need to limit to sometimes or only occasionally because of added sugar, fat or salt.
NAIDOC visit from Uncle Mick

Gayle Zorz, Kym Cama, Leanne Graham, Roger Holton, Owen Smith, Kelly Gurney & Therese Davidson

Holly Robinson with grandfather ‘Uncle Mick’

School Choir singing ‘Raining on the rock’.  

Owen Smith demonstrating how to use the emu caller.

Uncle Mick and students; Noah Shultz, Logan Ward and Ronda Mokofisi demonstrating the use of various artifacts.

Uncle Mick talking to the Stage 1 classes.


Matthew Purdon and Curtis Brown - Yum, yum!

Website: www.wallerawan-p.schools.nsw.edu.au
Email: wallerawan-p.school@det.nsw.edu.au
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.
Aquakidz Club
School Holiday Kids Fitness and Fun Program at Lithgow Aquatic Centre for two hours of fitness fun in the 25m heated pool. The activities are fully supervised, programmed to get the blood pumping and lots of fun too.
22, 24, & 29 Sept and 1 October
Time: 10.30am - 12.30pm
Cost: $3.50 per child
Age: 5 and over

Holiday Intensive Learn to Swim Program
Intensive learn to swim classes are being held during the September school holidays.
21 - 25 Sept and 28 Sept - 2 Oct
10 days - each lesson 30 mins
Cost: $140 for 1st child
$130 for 2nd child
$120 for 3rd child.

Craft Morning
Have fun crafting at Portland Library.
Saturday 19 Sept at 10.00am
Age: All ages welcome

Tower Challenge
The Lithgow Library challenges you to work alone, or in teams of up to 4 to design and build the tallest tower with the building materials supplied. Prizes will be awarded for the tallest tower still standing at the end!
Monday 21 Sept at 10.30am
Age: 8 and over

Bear Hunt Storytime
The Lithgow Library is going on a bear hunt storytime. Bring your teddy along to storytime and join in the fun.
Wednesday 23 Sept at 10.30am
Age: All ages welcome

Lego Building Sessions
Come along and build whatever you like.
Lithgow Library Learning Centre
Thursday 24 Sept at 3pm
Portland Library
Saturday 26 Sept at 10am
Wallerawang Library
Saturday 3 Oct at 9.30am
Age: 5 and over

Paper Planes
You’ve seen the movie, now put your skills to the test! A fun morning of making and flying at the Lithgow Library with prizes.
Monday 28 Sept at 10.30am
Age: All ages welcome

CD Mosaics
Come and make some interesting mosaics with CD’s at the Lithgow Library.
Wednesday 30 Sept at 3pm
Age: 5 and over

Tic Tac Toe
Build your own Tic Tac Toe Boards at Wallerawang Library.
Saturday 26 Sept at 9.30am
Age: 5 and over

Vampire Scarecrows
Join Ludwina Roebuck in the gardens at Eskbank House & Museum to create sizzling vampire scarecrows for the 2015 Lithgow Halloween Festival. The scarecrows will feature in the decorations on Main Street on 31 October 2015.
Thursday 24 September
Time: 10am - 12pm
Age: 6 - 12 years

Create a Vampire Project
Have you got what it takes to be a vampire? The team at Eskbank House & Museum are searching for ten locals to participate in their Create a Vampire Project for the 2015 Lithgow Halloween Festival:
- Create a personalised vampire cloak
- Learn vampire make up, cat walk and drama skills
- Exhibit your new skills by modelling in the Eskbank Halloween Fashion Show on 21 October and performing at the Halloween in Main Street.
Thursday 1 October
Time: 9am - 4pm
Age: 12 - 25 years

For more information on these events
Lithgow Aquatic Centre
Ph: 6350 3200
www.council.lithgow.com/aquatic-centre
Eskbank House & Museum
Ph: 6351 3357
www.eskbank.lithgow.com

Lithgow Library Learning Centre
Ph: 6352 9100
Portland Library
Ph: 6355 5355
Wallerawang Library
Ph: 6355 1101
www.library.lithgow.com
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 year olds 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
LIMITED PLACES
For more information contact Sheree on 0402 205070

Portland Junior Cricket Club - Muster Day
Friday 11 September at 4:30pm
Krema Park cricket nets
BBQ included
If you have any questions or can't get there please contact Shane Green on 0400 903 934. We are looking to form an under 10's and an under 12's side.

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
Senior Mixed nominations need to be in no later than Wednesday 26 August

LINC DISABILITY SERVICES

Casual Support Workers

LINC Disability Services in Lithgow is seeking applications from suitably qualified and experienced people for the position of Casual Disability Support Workers.

This position is for a ‘shift worker’ so applicants must have the ability to be flexible across a 24/7 roster that includes nights and weekends.

You will be required to work with adults who have an intellectual and/or psychiatric disability in either our Supported Accommodation Service, which provides a stable living environment through the provision of assistance and support in small residential settings or our ALI Service which assists LRC residents through day programs.

The successful applicants will be required to undergo pre-employment medical and Police checks.

Salary and conditions: Social, Community, Homecare and Disability Services (SCHADS) Award.

Applicants must obtain an information package and apply in writing addressing the essential and desirable criteria outlined in the position description.

For an Information Package please contact:
LINC Disability Services
(02) 6354 5903
Email: tracey@linc.org.au OR jennie@linc.org.au

Applications close: Friday 25th September 2015

LINC Inc. is an Equal Employment Opportunity Employer.

LIMITED PLACES
For more information contact Sheree on 6351 4055

LIMITED PLACES - For more information contact Sheree on 6351 4055

Holding Hands Protective Behaviours workshops
Developing skills in personal safety awareness for children
Children aged 4-6 years
Wednesday, 9th & 16th September 2015
@ 3.30 pm to 4.30 pm
All workshops will be held at:
Lithgow Family Support—261 Main Street, Lithgow
Afternoon tea provided

Website: www.wallerawan-p.schools.nsw.edu.au
Email: wallerawan-p.school@det.nsw.edu.au
2015 Wallerawang School Fete Ride Wristband Pass

The 2015 School Fete is being held on Friday 16th October, 10am-2pm. Rides this year will be a Giant Inflatable Slide, Inflatable Obstacle Course and Turbo Tubs. All rides are suitable for ages from 4yrs. The ride wristband pass is available for purchase prior to the day for $30. If purchased on the day the cost will be $35. This allows unlimited turns on all 3 rides for the duration of the fete.

Individual ride tickets will be available at the fete for $7 per ride.

If you wish to pre purchase a wristband please complete the attached form and return with payment to your child’s class teacher. The wristband will be issued to the child on the morning of the fete. Wristbands may be purchased for non school children, please complete details on the form.

P&C Fete Committee

2015 Wallerawang School Fete Ride Wristband Pass

Number of wristbands: ________@$30ea  Total: $________ (enclosed)

Names of children for each wristband: ____________________________________ Class: ________

__________________________________ Class: ________

__________________________________ Class: ________

__________________________________ Class: ________

Names of non-school children for each wristband purchased: ________________________________

__________________________________

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