



# The Winston Whisper

## Winston Hills Public School

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Issue 16

Tuesday, 22 October 2019

## FROM THE PRINCIPAL

### Spring Picnic

This Friday is our third Spring Picnic mother and daughter event. I would like to thank those who have donated prizes for the day. Thank you to Miss Charalabidis, Miss Nettleton, Mrs Astill, Mrs Nguyen, Miss Ferro, Mrs Faulks and Ms Johnston who have been working hard to organise the event.

### Winston Hills Public School Sporting Stars

Last Thursday was the Area Athletics Carnival. A big congratulations to Matilda Tuyua (4<sup>th</sup> Discus), Alexandra Attard (6<sup>th</sup> 1500m), Nicholas Chin (9<sup>th</sup> Shot Put) and Jake McKenzie (12<sup>th</sup> High Jump).

Our Snr Boy Relay team of Alex Vickers, Joshua Chun, Lior Cohen and Zac Redwood came 3<sup>rd</sup> and are now off to the State Championships.

We are very proud of these students.

### Uniform Shop

The Uniform Shop at Winston Hills Public School is operated on a fully voluntary system. Our co-ordinators volunteer their time, as do all the staff. All profits from the Uniform Shop are donated to the Winston Hills Public School P&C to buy resources for the students. We ask you to remember this when purchasing uniforms.

### Student Toilets

This is a reminder that there should be no parents using the student toilets on the school grounds. If a parent does require the use of a toilet, please ask staff who will show you where facilities are that can be used.

### Kindergarten 2020

It was great to see the large number of new parents attend our information night for Kindergarten 2020, last Wednesday night. I would especially like to thank the amazing team of Kindy teachers and Mrs Storath for their attendance. Tomorrow will be the first visit for our new kindies. If you know of anyone who has not yet filled out their enrolment form for next year, please let them know.

### Classes for 2020

The school is about to start the planning process for next year. An important part of the process is determining numbers. A note will be sent home today asking for people leaving the school next year to return so that we can determine accurate numbers. If you are taking an extended holiday, we are also asking for that information so that your child can be included in class formations.

If you have any concerns or things that you think need to be considered for your child's placement for next year, please email me on [mark.byrne@det.nsw.edu.au](mailto:mark.byrne@det.nsw.edu.au)

**Mark Byrne**

**Principal**

[Mark.byrne@det.nsw.edu.au](mailto:Mark.byrne@det.nsw.edu.au)

## CALENDAR

### TERM 4

#### Week 2

Tuesday 22 October	Band Concert for Year 2 – 9.15am
Wednesday 23 October	Kindergarten 2020 1 <sup>st</sup> Visit
	Band 'try out' Night – 6.00pm
Thursday 24 October	Uniform Shop Open 8.40am
	Courage to Care – Year 6
	3-6 Assembly
Friday 25 October	Spring Picnic 4-6pm

#### Week 3

Tuesday 29 October	Life Education Ends
Wednesday 30 October	Kindergarten 2020 2 <sup>nd</sup> Visit
Thursday 31 October	Uniform Shop Open 8.40am
	K-2 Assembly
Friday 1 November	Support Unit Athletics Carnival

#### Week 4

Tuesday 5 November	P&C Meeting – 7.30pm
Thursday 7 November	Uniform Shop Open 8.40am
	Uniform Shop Open 6-7pm
	Count Us In Song 12.30pm
	3-6 Assembly

## WHAT'S DUE?

Friday 25 October	2020 Student Leadership Nominations
Thursday 31 October	Father & Son Camp Out
Thursday 1 November	CARES – 4R
Thursday 7 November	Muru Mittigar
Thursday 14 November	The Owl's Apprentice
Tuesday 26 November	Games Day Sausage Sizzle

## ACCOMPANYING NOTES

- The Owl's Apprentice – Years K-2 / 2/3SM & K/2G
- Muru Mittigar – Years 3 & 4, 3-6F & 4-6V
- Planning for 2020

## FROM THE DEPUTY

### Tell Them From Me (TTFM) Parent Survey

We are currently at 46% response rate for the Tell Them from Me Parent Survey. Thank you to the parents who have completed the TTFM survey. If you haven't completed the TTFM survey already, we would really appreciate it if you could take the time to complete the survey! The survey takes around 15 minutes to complete.

The Tell Them From Me Parent Survey is anonymous, voluntary, and easy-to-use. It gives parents an opportunity to give feedback on their child's experiences at home and at school. The school will use insights into parent and staff communication, activities and practices at home, and parent voice on the school's support of learning and behaviour.

This helps to build an accurate and timely picture that schools can use for practical improvements. e.g. Maths Information Sessions that were held last term on Friday mornings, PBL rewards for the students & Buddy Benches in our playgrounds.

Please use the link below to have your say.

<http://nsw.tellthemfromme.com/winnie1>

We would love to hear from you!

The survey comes in 23 languages. More information about the survey is available at: <http://surveys.cese.nsw.gov.au>

### Selective High School Placement 2021

2020 Selective High School Placement Applications have opened for Year 5 students applying for entry to Selective High Schools in 2021. All applications must be completed online before the closing date on Monday 11 November 2019 at 10pm. Only online applications will be accepted. Applications can be submitted at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>

All applicants will be required to sit the Selective High School Placement Test on Thursday 12 March, 2020. For more information regarding Selective High School Placement for 2021, please visit: <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7/information-for-applicants>

### Kindergarten 2020

Last Wednesday night was our Kindergarten Information Night for 2020 and it was lovely to see all the parents there. Thank you to Mrs Amanda Jefferies, Mrs Chris Storath and the amazing Kindergarten teacher for their attendance on the night. Tomorrow will be the first visit for the new kindergarten students. The next visit will be on Wednesday 30 October.

### Honour Awards, Banners and Medals

When your child receives 10 merit awards, please send them in to me at least 2 days prior to their assembly day, to receive the next level of achievement. They will receive an honour award, banner or medal in their next grade assembly. There is no need to send in the merits that have already been stamped.

## Positive Behaviour for Learning (PBL)

Focus Area for Week 1 & 2



This fortnight's PBL focus is about *being safe by playing the right game in the right place*. Students are reminded which areas are appropriate for different games e.g. handball in Area A. Posters have been put around the school to emphasise this fortnight's focus.

**Wendy Kayello**  
**Deputy Principal**

## SYDNEY WEST PSSA Athletics Championships – Congratulations

Last Wednesday, we sent 8 students qualify to participate at the Regional Carnival at the Blacktown international Sports Park.

These are their results:

Snr Boys Relay 4X100m	3 <sup>rd</sup>	Alex Vickers, Joshua Chun, Lior Cohen, Zac Redwood
Snr Girls Discus	4 <sup>th</sup>	Matilda Tuyua
11yrs Girls 1500m	6 <sup>th</sup>	Alexandra Attard
11yrs Shot Put	9 <sup>th</sup>	Nicholas Chin
11yrs High Jump	12 <sup>th</sup>	Jake MCKenzie

We wish the Snr Boy relay team all the best at the NSW Primary Schools Sports Association on the 6<sup>th</sup>-7<sup>th</sup> November At Sydney Olympic Park Athletic Centre.

**Melissa Johnston**

## PSSA RESULTS – Round 8

### Cricket

Junior Vs Jasper Road Public School	Won	107-86
Senior Vs Jasper Road Public School	Lost	33-63

### Softball

Boys Vs Winston Heights Public School	Drew	5 - 5
Girls Vs Winston Heights Public School	Won	5 - 5

### T-Ball

Boys Vs Winston Heights Public School	Won	31 - 5
Girls Vs Winston Heights Public School	Lost	12 - 16

### Touch Football

Junior Boys Vs Excelsior Road Public	Won	2 - 1
Junior Girls Vs Excelsior Road Public	Lost	0 - 11
Senior Boys Vs Excelsior Road Public	Won	17 - 4
Senior Girls Vs Excelsior Road Public	Lost	2 - 4

## PSSA RESULTS – Round 9

### Cricket

Junior Vs Baulkham Hills North Public	Won	96-56
Senior Vs Baulkham Hills North Public	Lost	50-51

### Softball

Boys Vs Northmead Public School	Won	9 - 0
Girls Vs Northmead Public School	Won	6 - 3

### T-Ball

Boys Vs Northmead Public School	Won	13- 11
Girls Vs Northmead Public School	Lost	8 - 17

### Touch Football

Junior Boys Vs Matthew Pearce Public	Lost	0 - 1
Junior Girls Vs Matthew Pearce Public	Lost	3 - 4
Senior Boys Vs Matthew Pearce Public	Lost	1 - 3
Senior Girls Vs Matthew Pearce Public	Won	4 - 0

*Melissa Johnston*

## PSSA – Where are they playing?



### Round 10 – 25 October 2019

Touch Football	Vs Northmead Public @ Ted Horwood – Field 4
Cricket	Vs Crestwood Public School @ Max Ruddock 1 & 2
Softball	Vs Mathew Pearce Public @ Col Sutton Reserve
T-Ball	Vs Matthew Pearce Public @ Col Sutton Reserve

### Round 11 – 1 November 2019

Touch Football	Vs Baulkham Hills North @ Ted Horwood – Field 2
Cricket	Vs Murray Farm Public @ Eric Mobbs 1 & 2
Softball	Vs Murray Farm Public @ Northmead Reserve
T-Ball	Vs Murray Farm Public @ Northmead Reserve

## ASSEMBLIES

### Stage 2 & 3 Assembly (Years 3,4,5 & 6)

- Thursday 24 October – 2.10 pm
- Class Item – 5N
- Parents are welcome to attend

### Kindergarten & Stage 1 Assembly (K-2)

- Thursday 31 October – 2.10 pm
- KS – will host the Assembly
- Parents are welcome to attend



# Healthy Harold

## Life Education



## FROM THE CHAPLAIN

### The 5 love languages of children:

#### PHYSICAL TOUCH



Designed by Pngtree

Sometimes I just stand and stare in bewilderment at my four children wondering how they can be all so different when they've all had the same rules, same love, same attention... same everything!

According to Dr. Gary Chapman, the author of The Five Love Languages, understanding your child's love language can make all the difference in your relationship with them. I know if my daughter comes to me upset, a hug won't help at all. But sitting and listening makes a huge difference to her opening up to me. On the other hand, if my eldest son is upset, all he needs is a hug for a minute, then he grunts something and all is good.

The 5 love languages are Physical Touch, Words of Encouragement, Quality Time, Gifts; and Acts of Service. Of course, children receive love in all these languages, but there will be one that they will respond to the most.

Dr. Chapman talks about love tanks. Basically if our children are getting their love language regularly, then their love tank will be full. A full love tank results in a content and happy child. I know if I'm not giving quality time to my daughter, she will shut down. If my son isn't getting hugs, he is grumpy and lacks energy.

This term in the Winston Whisper, I will write about each love language. Let's look at **Physical touch** first. Apparently it's not just about hugs and kisses. It's also about having your child sit on your lap and reading a story to them. Or a dad rumbling on the ground with his kids or spinning them round and round. For children who understand this love language, physical touch will communicate love more deeply than the words, "I love you", or giving them a present. Without hugs, kisses and pats on the back, their love tanks will remain less than full.

Next week we'll look at Words of Affirmation.

**Kylie Isherwood**


Nutrition Snippet

## The simplest way

...to make sandwiches more exciting!

Making small changes to lunches can make a big difference to the overall nutritional value and make them more exciting for your kids to eat. Here are our top tips:

Try different breads – wholemeal, wholegrain, rye, soy and linseed, sourdough, rolls, pita, Lebanese or Turkish.

Try a variety of different fillings – vegetarian, lean meat or fish. Combine the following tasty sandwich fillings and spreads:

- Salad.
- Vegetables – lightly grilled or roasted.
- Lean meat e.g. roast beef, lean skinless chicken breast or turkey.
- Fish - tinned tuna, salmon or sardines (in springwater or brine).



- Tabouli.
- Egg.
- Tasty cheese.
- Banana.
- Healthy spreads e.g. avocado, hummus, mayonnaise, cottage or cream cheese, mustard, chutney, pesto or salsa.

Visit [healthylunchbox.com.au](http://healthylunchbox.com.au) for recipes & information you can trust.

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.



Health  
Western Sydney  
Local Health District





Issue 7 of Book Club was distributed last week. If you missed out on a catalogue you can always view it online:

[mybookclubs.scholastic.com.au/Parent/Login.aspx](http://mybookclubs.scholastic.com.au/Parent/Login.aspx)

This is one of the biggest issues of the year, with loads of great offers and is a great opportunity to start your Christmas shopping. If you would like to collect your order from the school office so your child does not see what you purchased, just select "gift order" when you are placing your order via LOOP (LOOP is the Scholastic Book Club Linked Online Ordering & payment platform for Parents). Once your order is delivered to school you will be notified by one of the Book Club volunteers that it is ready to collect. Happy shopping and reading!

*The Book Club Team*

## Reminder

Blow Test for Band  
Wednesday  
23 October 2019  
6.00pm  
In the Hall

No prior band experience is  
required  
Anyone is Welcome  
From Years 3 (2020)  
Upwards.

## Father & Son Camp Out



Friday 15 November 2019

## BAND NEWS



Welcome back to term four, mornings are brighter and warmer. Christmas is fast approaching and this is a busy term full of festivals and performances. I hope all of you and all the children had a fabulous holiday and are ready to get right back into it.

I want to begin by congratulating conductor Ms Rose Foster, as she and her partner got married over the holidays. I've seen some sneaky photos and it looked like a magical day. Congratulatoins Rose.

Term 3 fees are now overdue and Term 4 fees were issued last Wednesday. Please pay these on time so we can start to get ready for band 2020, an exciting new year. On that note, the 'intent to return to band next year' forms have been sent out. Please ensure your child returns them to a band coordinator by Monday 28 October.

We have the Blow Test night happening this Wednesday night 23 October at 6pm. We look forward to welcoming some new families into our band and perhaps meeting the younger members of some of our existing band families. Performance band children who would like to assist on the night would be more than welcome and I'd like to thank all those who have already volunteered their time. Hope to see you there.

The Hornsby North Band festival is on Sunday 3 November. All information has been emailed out, so if you have not received it for whatever reason, please contact me.

Performance/arrival times for each band are as follows:

### Training Band

Warm up time – 8.50am (Room 2)  
Performance Time – 9.25am

### Intermediate Band

Warm up time – 11.30am (Room 9)  
Performance Time – 12 Noon

### Performance Band

Warm up time – 3.45pm (Room 1)  
Performance Time – 4.15pm

I can't emphasise enough the importance of practise at home and attending rehearsal. There have been a few empty seats at some of our rehearsals of late. I encourage you to think of band the way you might think of a team sport. If your child is not there they are letting down the whole team. Every one of our musicians is important and we perform much better as a full team.

Excitingly, Ms Bellstedt and Ms Foster will be bringing the Intermediate and the Performance bands together for a big band performance at our end of year concert, so we are really looking forward to hearing that. The music will be issued in the next few weeks. We were hoping to have it for week one, but sadly it's been placed on backorder and so we wait.

If you like musical theatre, you might like to go along to support Ms Belstedt as the musical director for the Dural Music Society's current production "The Sound of Music" Tickets are selling fast.

*Sam Hinchelwood*



# 3/4C

3/4C have had an amazing year so far, here are a few of our many highlights....



**Life Education – Hello Harold**



**Powerhouse**



**Sydney Tower Excursion**



**ZooSnooze Excursion**



**Year 4 CARES**



**Working Together**



**Assembly Item**