



The Winston Whisper

Winston Hills Public School

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Issue 12

Tuesday, 13 August 2019

FROM THE PRINCIPAL

Education Week

The weather was very kind to us last week and it was great to see all of those smiling faces at our open day. All of the students and teachers looked great in their book parade costumes and it was good to see parents and grandparents visiting the classrooms. I know the students were excited to have you there.

The Book Fair was a big hit with almost \$11 000 of books sold on the day.

I would like to thank Mrs Kayello, Mrs Harvey and Mrs Limson for all of their organisation for the day.

Parents Information Sessions- Mathematics

Parent information sessions on Mathematics will be held at Winston Hills Public School this Friday morning starting at 9:15am. The course aims to provide an understanding of the K-6 Mathematics syllabus and how Mathematics is taught within the classroom.

Enrolment in NSW Government School

The NSW Department of Education has recently updated the policy around the enrolment of students in NSW Government schools. This policy can be found at:

<https://education.nsw.gov.au/policy-library/policies/enrolment-of-students-in-nsw-government-schools>

NSW School Band Festival

I would like to congratulate all three of our bands that recently took part in the NSW Band Festival Program. The Training and Intermediate Bands received Bronze medals and the Performance Band received a Silver medal. I would also like to thank the band committee for their great work in preparing and supporting the bands.

Rotary Annual Writing Competition

A big congratulations to Geraldine Khuu, Jason Hager and Jonathan Wang for being finalists in the Rotary Writing Competition. Well done!

PSSA- Winter Season

This is the first week of the finals for our Winter PSSA teams. I would like to thank the coaches for giving up their time and the students for doing an outstanding job of representing the school. Thank you to the parents who have attended the games to encourage and support our teams.

CALENDAR

TERM 3

Week 4

Tuesday 13 August	P&C Meeting
Wednesday 14 August	Footsteps – Years 3-6
Thursday 15 August	Uniform Shop Open 8.40am
	3-6 Assembly
Friday 16 August	PSSA Semi-Finals
	Maths Information Session for Parents 9.15am

Week 5

Monday 19 August	ZooSnooz Excursion – Year 3
Tuesday 20 August	ZooSnooz Excursion – Years 3&4
	Author Visit – Years 5&6
Wednesday 21 August	ZooSnooz Excursion – Year 4
	Footsteps – Years 3-6
Thursday 22 August	Uniform Shop Open 8.40pm
	K-2 Assembly
	Maths Information Session for Parents 9.15am

Week 6

Monday 26 August	Zone Athletics Carnival
Tuesday 27 August	K-6 "Silly Scientist" Incursion

WHAT'S DUE?

Thursday 15 August	Author Visit – Years 5&6
Friday 23 August	Father's Day Breakfast
Thursday 5 September	CARES – Year 4
Thursday 12 September	Term 4 Account 2019
	Life Education – Healthy Harrold
	End of Year Party Day 3-6
	End of Year Party Day K-2
	Special Christmas Party - Support

ACCOMPANYING NOTES

- CARES Permission Note – Y4
- Term 4 Account 2019
- Life Education Permission Note
- End of Year Party Day Note 3-6
- End of Year Party Day Note K-2
- Special Christmas Party Note – Support

Community News

- North Rocks Softball Club

FROM THE PRINCIPAL Cont...

Parking Around the school

Please be considerate of our neighbours around the school when parking. It is disappointing to receive complaints from people who live nearby who are unable to get out of their own driveway because they have been parked in by school parents.

P&C

The next P&C meeting will be held at 7:30pm in the staffroom tonight. All welcome!

Mark Byrne

Email: mark.byrne@det.nsw.edu.au

FROM THE DEPUTY

Education Week 2019

Education and Book Week for 2019 was a SUPER week of fun and educational events at Winston Hills PS. A big thank you to Mrs Harvey, Mrs Limson, Mrs Middleton and Mrs Lynch for their efforts with the Book Fair. Over \$10 000 worth of books were sold, which will earn our school vouchers from Scholastic to purchase new books for our library.

It was lovely to see all the parents and grandparents who joined us on the day for the book parade, morning tea, book fair and open classrooms.



Dance-a-thon Pizza Party Winners!

Congratulations to 1R, K-2G & 3/4C for bringing their Dance-a-thon sponsorship money in first. Their Pizza Party will be on Tuesday 3 September, 2019. A permission note with further information will be sent home closer to the day for the winning classes.

Science Enrichment Day

This week is National Science Week and to celebrate we will be having Science Enrichment Days next week. Students will be nominated by their teachers to be part of these enrichment sessions.

More information will be sent home with the nominated students.

Groups Photo day

Our school's Group Photo day has been moved to Monday 16 September, 2019 due to the Zone Athletics Carnival on Monday 26 August. The school photographers will be taking group photos such as PSSA groups and the Year 6 grade photo.

Positive Behaviour for Learning (PBL)

Focus Area for Week 3 and 4:

Winnie's Focus Area

We are responsible at recess

* Sit down to eat recess



* Wait for the teacher to announce when it's time to go to the bin.

* Put all rubbish in the bin before play



This fortnight's PBL focus is about encouraging and reminding students to be responsible during recess by sitting down when they are eating, listening to the teacher's instructions of when to put their rubbish in the bin and go play. Students will be reminded of this in the classroom and in assemblies, and posters will be put up around the school to emphasise this fortnight's focus.

Wendy Kayello

Deputy Principal

GAMES DAY

GAMES DAY

In Term 4, Year 6 will host a Games Day for the entire school. Notes and dates to be sent home shortly.

Students participate in games around the school, organised by year 6 students. Games include; soccer shootout, haunted house, sponge toss, disco, cricket catches, obstacle course and many more. No money is required on the day. Payment has been included on your Term 4 invoice. Students will be able to wear multi clothes, but are reminded to wear closed-in shoes and they must bring a hat. We look forward to a fun-filled day.

GAMES DAY - SAUSAGE SIZZLE



Sausage Sizzle Order Forms will be sent home soon for our Games Day in Term 4.

Year 6 Teachers and Students

PSSA RESULTS – Round 12

AFL

Jnr's Vs Matthew Pearce Public School	Won	38-20
Snr's Vs Matthew Pearce Public School	Won	40-27

Football

Jnr Boys Vs Crestwood Public School	Won	1-0
Snr Boys Vs Crestwood Public School	Won	2-1
Girls Vs Crestwood Public School	Won	2-0

Netball

Junior A Vs Oakhill Public School	Won	9-0
Junior B Vs Jasper Rd Public School	Won	9-8
Senior A Vs Castle Hill Public School	Won	16-7
Senior B Vs Oakhill Drive Public School	Won	18-1

Newcombe Ball

Juniors Vs Crestwood Public	Won 63-29	3 sets to 0
Seniors Vs Crestwood Public	Won 63-33	3 sets to 0

Rugby League

Junior Vs Kellyville Public School	Won	28-22
Senior Vs Kellyville Public School	Lost	10-16

PSSA RESULTS – Round 13

AFL

Jnr's Vs Crestwood Public School	Lost	46-1
Snr's Vs Crestwood Public School	Won	43-4

Football

Jnr Boys Vs Baulkham Hills North Public	Drew	1-1
Snr Boys Vs Baulkham Hills North Public	Lost	0-1
Girls Vs Baulkham Hills North Public	Lost	1-2

Netball

Junior A Vs Sherwood Ridge Public	Won	13-2
Junior B Vs Bella Vista Public School	Lost	2-6
Senior A Vs Crestwood Public School	Lost	10-18
Senior B Vs Winston Heights Public	Won	6-2

Newcombe Ball

Juniors Vs Baulkham Hills North	Won 63-32	3 sets to 0
Seniors Vs Baulkham Hills North	Won 61-44	2 sets to 1

Rugby League

Junior Vs Baulkham Hills North Public	Won	38-18
Senior Vs Baulkham Hills North Public	Won	56-4

Good luck to the teams that are playing in the semi-finals this Friday,

Melissa Johnston

PSSA – Where are they playing?



SEMI FINALS – 16 August 2019

Junior Boys Soccer	Vs Glenhaven Public @ Bernie Mullane
Senior Boys Rugby League	Vs Beaumont Hills Public @ Crestwood Reserve
AFL	NO Game
Junior Newcombe Ball	Vs Oakhill Drive Public @ Sherwood Ridge Public
Senior Newcombe Ball	Vs Excelsior Public @ Sherwood Ridge Public
Netball – Junior B's	Vs Sherwood Ridge Public @ Kellyville Court 15
Netball – Senior A's	Vs Murray Farm @ Kellyville Court 2
Netball – Senior B's	Vs Jasper Road Public @ Kellyville Court 18
Netball – Junior A's	Due to Baulkham Hills North being on camp - Junior A's will play next week – 11.30am at Kellyville Courts



P&C Meeting "Tonight"
Tuesday 13 August 2019 @ 7.30pm
All Welcome

BOOK FAIR NEWS

Thank you to all of our wonderful parents who supported our Book Fair. We sold over \$10,000 in books. The reward points we receive from Scholastic will go towards purchasing new books to go into our library where they can be enjoyed by all the students and teachers. A big special thank you to parents who donated books to our library, a record number this year. Your generosity ensured our Book Fair was a huge success. The Book Fair Team

ASSEMBLIES

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

- Thursday 15 August – 2.10 pm
- Class Item – 3/4C
- Parents are welcome to attend

Kindergarten & Stage 1 Assembly (K-2)

- Thursday 22 August – 2.10 pm
- KJ – will host the Assembly
- Parents are welcome to attend



Cancer Council
 Healthy Lunch Box

Nutrition Snippet

The simplest way

... to make winter warming snacks.

During winter, after a long day at school, kids come home ready for a nice warm snack. Here are some simple, healthy snacks to warm and satisfy tummies.

- Creamed corn on wholemeal toast
- Baked beans on an English muffin
- Bowl of vegetable soup (try pumpkin or potato and leek)
- [Stewed apples and sultanas](#)
- Toasted cheese and tomato sandwich
- [Banana pikelets](#)
- [Zucchini and cheese hash brown cups](#)
- Porridge with pear



For these recipes and more visit
healthylunchbox.com.au

healthylunchbox.com.au

Kindergarten 2020
Enrolling NOW

FROM THE CHAPLAIN

4 Ways to Deal with Frustrations As a Parent



As a mum, I think dealing with a frustrated child is one of the hardest things to work through. I get angry, then they get angry, then everyone gets angry and finally the cat runs under the bed!

The following tips might help us deal with frustrations when they arise...

1. Accept your child as they are

- See and know them for who they are rather than who we expect them to be.
- Tell them you love them and make them feel seen and appreciated.

2. Allow your emotions

- All feelings are okay.
- When a strong feeling arises, observe it. Pause and take a few deep breaths.

3. Know the 90 second rule

- When we resist a feeling, we inadvertently remain stuck in the same feeling.
- When we accept the feeling, it's gone in under 2 minutes!
- In the critical 90 seconds of an emotion, be sure to communicate your strong feelings to your child and how you plan to cope with them. I'll say to my child, "I'm feeling very angry right now, and I need to go outside to take a few deep breaths." They always look a bit surprised with this statement.

4. Apply growth mindset to your parenting

- No one is born knowing how to parent. It's not easy, but when frustrations overtake you, use it to learn and grow from that experience, and decide what you'd do differently next time.

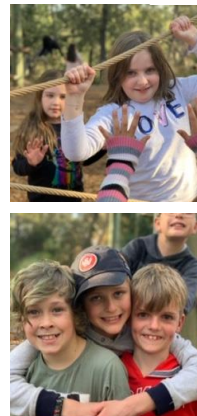
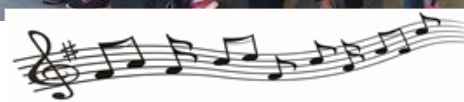
Take care
Kylie Isherwood

biglifejournal.com

BAND CAMP 2019

On the weekend of 26-28 July, the School Band program went off on our annual pilgrimage to Crusaders in Galston. What a gorgeous location this is. There are 98 children in our band program this year and all but 4 of them attended camp and had an absolute blast. We all love camp and the differences we see and hear in the musicality of the children over this period is amazing. It's always so lovely to see their confidence and ability improve, especially our training band children for whom this was their first camp. I want to give all the children a big shout out for representing our school beautifully. We couldn't have asked for a nicer bunch of little humans to spend the weekend with. A huge shout out to all the parent helpers and teaching staff, without whom the camp would not have been possible.

Our Practice-a-thon is underway. This is a new fundraiser for our band and hopefully it will both raise funds for the band AND install good practise habits in the children. Timing wise, it's also a great way to keep the momentum going after camp. Don't forget to get all your friends and family to sponsor you kids.





IF and IN have enjoyed Education Week 2019!

