



## Term 4, Week 4

# Principal's Message

Dear Parents and Carers,

What a busy and exciting couple of weeks it's been! We've been so lucky to have Mrs Mac. in a few times and she has brought some lovely pineapple for students, who tried to teach her the "Tik tok" method of cutting, and some coconut which was enjoyed by all, as well as some fresh baked vegemite scrolls, cooked in our school oven. It's always wonderful to have special guest teachers here, and we've really been enjoying Mrs Mac's fantastic cooking. Our school has some small tubs of vegemite that just passed their best-before date last week, so if you and your family would like to try Mrs Mac's easy recipe at home and would like one, please let us know and we'll send a jar home.

Our school has some older ipads that have been unlinked from the Department. We have been advised that we can offer them to the community at a cost, so we will be sending home a note with pictures of each ipad for a silent auction-style sale. Please write your bid next to the ipad of your choice and the highest bids will be accepted. Bids will be kept privately in an envelope and opened with a scrutineer in the room. Details are on the note. Please return notes in an envelope for privacy until the closing date.

Lots of 3-6 camp photos to be shared soon by Mr South, and Kindergarten transition photos from Miss Lesker

As always we thank you for your feedback as partners in our school. Please use the QR code below, or the online form at: [bit.ly/EWPSfeedback](https://bit.ly/EWPSfeedback)

**Mrs. Khrystyna Greenfield - Acting Principal**  
[khrystyna.greenfield@det.nsw.edu.au](mailto:khrystyna.greenfield@det.nsw.edu.au)



## SCHOOL ATTENDANCE

Attendance at school is one of THE most important contributors to academic success – All school days matter.

Our attendance goal for 2023 is 90 - 92%

2023 attendance so far- 80.4%

Term 4 attendance so far- 71.4%

## Curriculum Corner

Dear Parents and Carers,

What a great few weeks of learning we've had since our last update. In 3-6 as part of our ongoing school focus on writing vocabulary, each student has been set with individualised learning goals to help support them on their journey to writing with a wider vocabulary.

In K-2 it was really exciting to see our students have a visit with our Director of Educational Leadership, Mrs Karen Burke and discuss some of their learning around prepositions. It is incredibly rewarding to see the students so engaged with the learning and being able to articulate their learning goals and the steps they need to achieve them so clearly. Exciting times ahead for the teaching and learning at EWPS!

Yours in Learning,

**Mr Josh South**  
 Assistant Principal, Curriculum and Instruction

# Weekly Student Awards

Congratulations Reagan and Willo  
Term 4 Week 2 and Term 4 week 3  
Students of the Week



Congratulations Macy and Layla (Layla is on  
excursion this week)  
Term 4 Week 2 and Term 4 week 3  
Attendance awards



## Student Spotlight

Kelsey

Senior students are interviewing other students at our school so we can learn more about each other.

Scan the QR code to watch the interview!



## Growth Mindset for Parents

Developed in collaboration with Raise The Bar. Parents learn what a growth mindset is, why it's important, and best practices to support their children in developing this learning belief.

### A Growth Mindset

Continuing our learning on growth mindset, for parents who have expressed interest in learning more, there is an online course specifically for parents. This could be very helpful in assisting children to understand their thinking processes and regulate their thoughts and behaviours. You can access it at:

<https://www.mindsetkit.org/growth-mindset-parents>

Here is a short excerpt from the course- The way parents talk about ability and learning can have powerful effects on their kids' beliefs. Below are three ways parents can instill a growth mindset. And remember, developing a growth mindset in yourself and in your kids is a process that takes time. Have a growth mindset about developing a growth mindset!

- Recognize your own mindset: Be mindful of your own thinking and of the messages you send with your words and actions.
- Praise the process: Praising kids for being smart suggests that innate talent is the reason for success, while focusing on the process helps them see how their effort leads to success.
- Model learning from failure: When parents talk positively about making mistakes, kids start to think of mistakes as a natural part of the learning process.

## What's Happening in the Classrooms?

### K,1,2 Kukuparra (Kookaburras)

During science this term the Kukuparra students have been learning about how to measure sound. They conducted an investigation using plastic drink bottles which they filled with different materials. The students then had to shake the bottles and order them from softest to loudest.



### 3,4,5,6 Marrawuy (Kangaroos)

In Marrawuy, students have been continuing their work on Matilda, by Roald Dahl. We created the parrot from Chapter four as part of our lessons.

In art, students have been very creative, making some picture perfect work that could be framed and put up in a gallery. We truly have some creative minds in Marrawuy!



# KINDERGARTEN TRANSITION

In their second week of transition, Michael and Bryce listened to the story of the Rainbow Fish. They made their own paper plate fish and glued colourful scales onto them. They practised writing their names and had lots of fun playing sport with all the other students. They had a very busy day!



## State Athletics

Congratulations to Kelsey, Layla, Macy and Dustin who competed at the State Athletics in Sydney last week. Kelsey competed in the 13yrs 100m and then in the N & E Austen Small Schools relay with Layla, Macy and Dustin. They all gave an amazing effort making it to the semi finals in their events. What a fantastic achievement from these students. Well done!



# Borambola Camp



## Day 1

We had an early start in Griffith for the long trek to Borambola Sport and Recreation camp. Making a few stops at Binya, Barellan and Ardlethan to pick up our fellow small school friends we happily chatted and enjoyed the beautiful scenery.

Arriving at Borambola, getting our briefing and a delicious chicken wraps we undertook our first activities. Breaking off into separate groups, some of us got to check out the BMX track while others got to be pioneers, designing and building our own billy carts. Later on we cooled off with some sponge wars and kayaking. The evening session was rounded off with our own Mini Olympics!



From Team Work to Success

## Day 2

We had a yummy warm breakfast before heading out for our activities for the day. We had the opportunity to cook our own damper, topped off with some gooey maple syrup for good measure. Some got the opportunity to get some target practice at archery while others got to explore the hidden parts of Borambola in orienteering.



Ready Aim Fire



Following some scrumptious burgers for lunch, we set out for the wet activities today! We swapped groups for sponge wars and kayaking as a starter for the main event, The Borambola Mud Run. The Mud Run consisted of a 500m track of muddy obstacles, mud pits, climbing equipment, tire runs, long pipes, swings, a maze, a trench and even a muddy slide! Everyone had fun and muddy time! We satiated our hunger with a snitty that would put a pub to shame and a visit to the kids carnival games the 'Borambola Show'.

Did anyone hit the Target?



Yes!!

## Day 3

Waking up a bit sore and sorry from our adventures of the previous two days, we enjoyed some wonderful pancakes to start our last day. Switching activities, some got to pioneer and some did billy carts or explored Borambola with orienteering, while others got the opportunity to hit the jumps in BMX and take their best shot at Archery. All in all, we had a great time and returned home with a few bumps and bruises but big smiles and memories that will last a lifetime.

## Helping your child with English Literacy

Speaking and listening skills build the foundation for your child's learning at school. These skills help a child to be able to talk with others, create friendships and actively participate in all activities at school. If you speak a language other than English at home it's important you continue to support your child to use their home language.

### Talking with your child

- Talk with your child about a range of topics, for example, things that happen each day.
- Share stories from your culture, your own stories and your child's stories.
- Describe or talk about things as they are happening, for example, "We are going to walk to school today and go past the park."
- Listen to your child and encourage them to take turns. Show how to listen and interact in a conversation.
- When talking with your child ask questions that require more than a yes or no reply, for example, "What did you do at school today?"
- Use questions that start with how or why. For example, "How many birds do you see in the park?"
- When asking questions give your child time to answer.
- Make conversations fun. Make up funny or nonsense rhymes, talk and sing with your child.

Tips come from the NSW Department of Education's *Helping Your Child With Literacy and Numeracy at Home*. Please ask at the office if you'd like a printed copy.

# Ways a Parent Can Help a Child LEARN TO READ

- 1 Let your child see you reading!**  
Have magazines and books in your home.
- 2 Look for appropriate word and reading games online to play with your child**
- 3 Ask your child to draw a picture or write about what happens in a story.**  
Keep paper, notebooks, pencils, pens, markers and crayons available in your house.
- 4 When you're reading a magazine or newsletter, ask your child to look on the pages for pictures that start with a certain sound.**  
Do you see a picture of a thing that starts with "p"?
- 5 Set aside a time and place for reading -**  
like a comfy chair with a reading light for bedtime stories
- 6 Visit your public library regularly.**  
Find and read together the books that were your favorites when you were a kid.
- 7 Enjoy reading with your child.**  
Laugh at silly pictures. Make goofy voices. **Have fun!**
- 8 Ask your child questions about the story as you read together:**  
- What is the story about?  
- Why do you think he/she made that choice? Was it a good choice?  
- Why did that happen?  
- What do you think will happen next?  
- What was your favorite part of the story? Why?
- 9 Make a game out of finding words that rhyme or that start with the same sound**
- 10 After you finish reading a story, look back at a page and ask your child to find common words.**  
"Can you find the word \_\_\_?"  
Use words like: the, me, up, and, go, run, can, to, stop
- 11 Teach your child to recognize his or her own name**

**Read out loud to your child -**  
books, poems, nursery rhymes, recipes, billboards, newspaper articles, ads, signs - whatever words you see!

s - www.fortheteachers.org



## EVERY DAY COUNTS....

**A day here or there doesn't seem like much, but...**

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...	This means that the best your child can achieve is...
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1 ½ years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2 ½ years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4

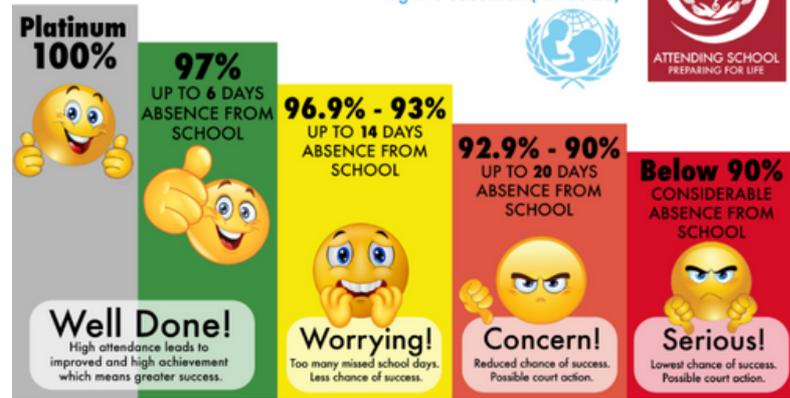
*Give your child every chance to succeed...*

**Every day counts!**



# WHAT IS YOUR ATTENDANCE?

Right to education (Article 28)



## Attendance Matters

Good school attendance habits are best started early. Children learn from those around them and you as parents/carers set the standards and expectations for them. Showing your child the importance of attending school every day not only helps your child to settle quickly when starting school but helps them to keep and maintain friendships and enjoy the school environment.

Be organised, have a plan, be consistent and involve your child.

### What can you try:

- Create good routines for mornings at home so that your child can arrive punctually and they are properly equipped
- Talk to them about the things they have been learning. A short chat may produce a better result than a long list of questions.
- Read all school communications.
- Attend school parents evenings and functions.
- Check your child understands the homework and that it has been completed. Support them in completing homework by creating a calm space for them to work in.
- Avoid absence from school wherever possible. Avoid GP and dental appointments during school hours. Absence means your child will miss out on academic studies and begin to feel that education is not a priority. This can have a negative lifelong effect.

There tends to be good reasons why children become reluctant to attend school. Take the time to listen to your child, share any concerns you or your child may have with the teacher or principal, and seek support at the very earliest opportunity. **Some absences are unavoidable.** We understand that children will get sick and need to stay home occasionally. The important thing is to get your children to school as often as possible.

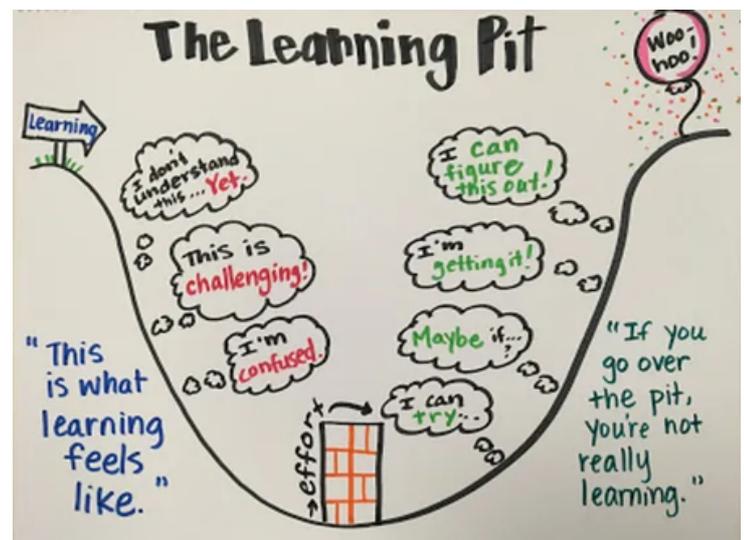
## More About the Learning Pit

Most kids these days are afraid to fail. They see failure in learning as shameful. We often see kids... who are resistant to parent support and begin to hate the process of learning, as they see receiving help as a failure within themselves, and something wrong with the way their brains work. **As parents and teachers, we naturally want our kids to succeed.** But what if we recognised failure as a good and a crucial step on the path to learning? Failure is a necessary component of success (NOT its opposite). Failure is the Yang to the Ying of success. In fact, **our brain grows and develops in important ways whenever failure occurs.** When we don't know something and we fail, our brain shoots off new neurotransmitters and creates new pathways in our brain. This makes our brain grow and become more efficient. When kids understand this concept, amazing things can happen for them (and for us). Think about your biggest mistakes... I bet they probably taught you more courage, strength and wisdom than any success could have.

The Learning Pit is an analogy to help students look at their learning as an opportunity for them to keep growing. **The Learning Pit analogy helps students understand that they can take control over their own learning, even when it is hard and challenging.** The learning pit metaphor is a great way to introduce the concept of growth through challenges to children.

A great way to look at the Learning Pit analogy with real life examples is to find examples of famous people or sports stars they look up to who have used their mistakes and failures as motivators for success and discuss it with them. Even use your own examples, a parent is a child's biggest role model.

<https://mindmoverspsychology.com.au/2019/10/14/the-learning-pit-how-to-teach-children-to-be-resilient-in-learning/>



## Rural Communities – Allied Health Support

*Allied Health Partnerships have been working in schools for 40 years. Our services have stretched from Sydney to Broken Hill to Darwin and the Tiwi Islands.*

We understand the challenges that come with living in a rural area, including limited access to healthcare services. That's why we are committed to providing high-quality speech pathology services to children in these areas.

Our team specialises in school-based services with a wide range of client needs. We offer personalised services that are tailored to meet the unique needs of each group or individual we work with.

Children's speech and language needs are increasing all around Australia and with the Allied Health staffing shortage, we are aware that rural areas are significantly in need for these services.

During COVID lockdowns we expanded our services to offer classroom support via video and teletherapy methods. These services have been well received and engaging for students and teachers. We would like to widen these services and offer them to your school area.

### Services can include but are not limited to:

- Weekly, whole class therapy sessions via teletherapy including upskilling and support for your teaching staff to continue with concepts during their own teaching pedagogy – these can be booked per class or per school. This service also includes documentation relating to summaries of the program and class progress.
- Teacher upskilling and training – this can be booked as a one-off Professional Learning session or a series of training sessions.
- Student screeners and reports as required.
- Full/Diagnostic Assessments can be offered (as required) during school holidays for Speech Pathology, Occupational Therapy and Psychology.
- Individual Teletherapy sessions for NDIS and high needs students.
- Small group teletherapy programs – these require the support of an SLSO from the school.

As a company, one of our core values is "Equity of Access" and we are committed to ensure as many children as possible throughout Australia can access the allied health services they need.

Contact us today to learn more about our Rural Allied Health Services.

**For more information please email –**  
[Schools@AHPartnerships.com.au](mailto:Schools@AHPartnerships.com.au)

All you need is internet  
and a laptop/iPad/  
computer (with a  
camera)

**No Travel expenses.**

# sign up for Partners in Parenting, our online parenting program

**Partners in Parenting is an evidence-based online program designed to help build your skills and confidence in supporting your high school-aged young person's mental health and wellbeing.**



The program also covers general parenting challenges, such as communication, managing strong emotions, boundaries, conflicts and staying involved in your high school-aged young person's life while they navigate their independence.



There are 10 interactive online modules to explore and you can complete them in any order and at your own time and pace. Each one will only take around 15 to 25 minutes.

Setting up a free online headspace account is quick, easy and has loads of benefits.



## Sign up today!

You can access Partners in Parenting via your headspace online account. If you don't have a headspace account yet, you'll first need to create one. Once you have an account, you can access the program via 'Your interactive tools'.



Visit [headspace.org.au/online-and-phone-support/partners-in-parenting/](https://headspace.org.au/online-and-phone-support/partners-in-parenting/) to find out more and sign up today.

A collaboration between:



**headspace**  
National Youth Mental Health Foundation



**Partners in Parenting**

# Term 4, 2023 Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
4	30.10.23 Excursion to Borambola	31.10.23 Excursion to Borambola	1.11.23 Return from Borambola excursion	2.11.23	3.11.23 Newsletter Kindergarten Transition	4/5
5	6.11.23	7.11.23	8.11.23 Yr 6 Transition to L/Carg Kindergarten Transition	9.11.23	10.11.23	11/12
6	13.11.23	14.11.23	15.11.23 Y 6 Transition to L/Carg Spelling B	16.11.23 Final Kindergarten Transition	17.11.23 Newsletter	18/19
7	20.11.23 Swimming	21.11.23 Swimming	22.11.23 Swimming Y6 Transition to L/Carg	23.11.23 Swimming	24.11.23 Swimming	25/26
8	27.11.23 Swimming	28.11.23 Swimming	29.11.23 Swimming	30.11.23 Swimming	1.12.23 Swimming	2/3
9	4.12.23	5.12.23	6.12.23 Small Schools Swimming Carnival	7.12.23 Year 6 Farewell at Bowling Club	8.12.23	9/10
10	11.12.23	12.12.23	13.12.23 School Presentation 6pm	14.12.23	15.12.23 Lake Talbot Water Park	16/17