Dear Parents and Caregivers,

Congratulations to all our wonderful students who participated in our swimming carnival last week. It is wonderful to see so many of you make it through to the district carnival, which was held today! Congratulations, also, to Breanna Green, Caitlin Doull and Matthew Bonnice, who have been selected for the Penrith/Blue Mountains district softball team, as well as Kai Cashman, who was selected for the district basketball team. Good luck to all our sportspeople!

Bandaged Bear Day
One of support unit students, Jayden Bourke, has been chosen to be the Bandaged Bear ambassador for 2016! He will have lots of media attention and his cheery face will adorn the Bandaged Bear promotions for the year, including the colouring competition. We are so excited for Jayden! On Thursday this week, Jayden and our school will be the focus of some media attention when Channel ????? Comes out to live telecast the launch of the Bandaged Bear fundraiser for 2016. We are having some fun activities on the day—a note went home regarding this last week. Please enquire at the office if you didn’t receive the note.

Parent and Teacher Interviews
We are trialling an online platform for our parent and teacher interviews, held on Tuesday 22nd March and Tuesday 5th April. More information regarding this will be sent home in the next newsletter, so please keep your eye out for this!

Werrington Wise Award Assemblies
These will be held on Monday 4th April at 9.30am for K-2 and 10.15am for 3-6. If your child has eligible awards, please hand these into the office by Wednesday the 30th March, to enable the awards to be processed. You will receive notification advising you if your child is receiving an award.

Staff Car Park
For safety reasons, the car-parks in both Heavey St and Armstein Cres, are for staff only. With 50 staff members, there are always lots of cars accessing the car-parks and there are very limited parking spaces available. Children must not, under any circumstances, come through the car-park areas; they must enter through the pedestrian gates via Heavey St or Armstein Cres.
**Attendance**
Our NSW education laws require all children to attend school every day, unless they are sick or have another good reason, approved by the principal. Schools are required to record explanations of absences for all students. Please help us keep our red tape to a minimum by phoning the school if your child is absent from school. You may also send an email to the school’s email account: Werrington-p.school@det.nsw.edu.au, or use our SkoolBag app from your smartphone.

**Parent Library**
Resources and reading material for parents on a range of educational and behavioural topics are available for loan from the office. Please have a look at the resources available, which are added to on a regular basis.

**Teacher Professional Learning**
Regularly, teachers and staff undertake professional learning to keep up to date with the latest theory, research and practice in education. Many of these are held after school hours! These sessions include:

- Mrs Conduit, Miss Clark, Mrs Enese, Ms Fitzpatrick, Mrs Watson and Mrs Broadhurst attending early numeracy training (TEN training)
- Mrs Bade, Mrs Conduit, Mrs Enese, Ms Fitzpatrick, Mrs Watson, Mrs Azzopardi, Mrs Dempsey, Mrs Mason and Mrs Broadhurst attending early literacy training (L3 training)
- Mr Bale and Mr Henningham attending a White Ribbon training day, which provides strategies for dealing with domestic violence in our communities
- Mrs Young providing literacy training to the Stage 2 team
- Mrs Brandies, Mrs Little and Mrs Tucker attending a learning and support teacher meeting
- Mrs Buchan attending a reading recovery meeting
- Mrs Bade attending an instructional leaders network meeting

Our teachers also attend professional learning sessions after school each Tuesday afternoon. This fortnight we are looking at the school excellence framework and our communication strategies.

As you can see, our staff work hard to keep up to date and to improve their own professional knowledge for the benefit of our students and our school.

Have a wonderful week!

Mrs Thompson
Principal
Congratulations to Breanna Green (5/6BB), Caitlin Doull (5/6K) and Matthew Bonnice (5/6K) who have been selected to represent in the Penrith Zone Softball Teams at the Sydney West Carnival. This is an excellent achievement for all three students. For Breanna and Caitlin, it is the second year running that they have been selected. We are all very proud of them and wish them all the very best for the carnival.

Mr Justin Bale

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Primary Swimming Carnival

On Tuesday 23rd February 2016, students from Werrington Public School competed in the annual primary swimming carnival at Penrith Ripples. It was a great day with a number of students competing across several events. The carnival showcased some of the amazing talent that we have at the school as well as the incredible level of community support. Many thanks to all of our wonderful parent helpers! There were many exciting events throughout the day and it was great to see students enthusiastically watching and cheering on their house teams in some very close races. At the end of the day, King were declared carnival winners with some excellent results and a high level of participation (see points table below).

Students who have qualified will now go on to represent at the Zone Swimming Carnival on the 29th February, 2016. Ribbons for placegetters will be distributed at our next primary assembly (9/3/16). We would like to thank all students for their outstanding behaviour on the day. We would also like to thank the teachers who attended for their enthusiasm in ensuring that the day ran smoothly.

Mrs Blackford, Mrs Enese & Mr Bale

<table>
<thead>
<tr>
<th>Final Standings</th>
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<tr>
<td>King</td>
<td>105</td>
</tr>
<tr>
<td>Lethbridge</td>
<td>77</td>
</tr>
<tr>
<td>Marsden</td>
<td>71</td>
</tr>
<tr>
<td>Parkes</td>
<td>57</td>
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</tbody>
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Sporting Success

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Mr Justin Bale
Dear Parents and Carers

It has been a very hectic first half of Term 1. Well done to all the teachers and students who have done a wonderful job of “getting on with” the teaching and learning that has been happening in our school.

I have managed to get around to most classes and have been so pleased to see settled, focused children who are engaged in their learning. A special mention to the Kindergarten students ... Wow! They are settled, following school expectations, learning how to work independently, learning how to work in groups and generally learning and growing every day.

We have a wonderful teaching team at Werrington PS and I congratulate every single one of them (including our Year 3 to Year 6 teachers) for their dedication and commitment to our children’s education.

Targeted Early Numeracy (TEN)

We have completed the first round of teacher training and have started on the next. All teachers have completed or are in the process of completing their assessments of their students in order to place them at a point of “where to next?”

How can you help with Numeracy?

One of the skills TEN looks at is counting - forwards and backwards. Forward counting is essential to the development of further number skills- particularly addition. Backward counting is essential for subtraction.

One way that you can help your child is to practice counting with them - forwards and backwards.

* Initially, make sure that your child can count from 1 to 10 and then back from 10 to 1. At this stage, ensure that they have 1 to 1 correspondence. This means that they are able to touch an object and say its name in a count.

* Next, move to 1 to 20. Be careful here! Many children have problems with the “teen” numbers. Make sure that they say the names correctly. You need to make sure that they are saying “thirteen” and not “thirty”. They are two different numbers! Remember to practice counting back from 20.

* Next, move to 1 to 30, then 1 to 40 etc. At this point, give them a number and ask them to give the number after and/or the number before - this will tell you if they have realised that our number system is based on patterns. Always remember that counting back is just as important as counting forward.

* For those of you who have children in Year 2, you can extend this activity to numbers in the hundreds and thousands range.

Language, Learning and Literacy (L3)

All of our teachers K-2 have now completed their first (of many) sessions of professional development in L3. We would like to thank you for understanding that this professional development involves absences of our teachers from our school and that ultimately it will benefit our children and their reading and writing skills.

Our teachers are very excited about and dedicated to this professional learning program and have implemented the first phase of the training.

How can you help with Literacy?

While our teachers are implementing L3 and setting up their literacy rotations, the best advice I can give you (now, and for the rest of their lives) is to encourage your child to read!

The research is very clear on this subject. The best thing that you can do for your child’s literacy development is to read to them and to get them to read to you. Simple.

* As a parent of a child who didn’t like to read, one of the things I did was to enrol her in our local library. This gave her control over what she was reading and opened up an entirely new set of reading material. Best of all, council library membership is free!

* If your child doesn’t like to read books at this stage, encourage them to read other things like web sites, shopping lists, football league tables, TV timetables. The important thing is to help them to realise that reading gives them access to information, and information means that they have the ability to take control of their lives.

If you have any questions or would like any further tips or advice, please don’t hesitate to contact our K-2 Team.

Mrs Leigh Bade

Instructional Leader
**UPCOMING EVENTS**

**Term 1**

**FREE Jumping Joeys**

P&C Playgroup

Every Friday in the School Terms

9.15am—11am

School Hall

Craft & Morning Tea provided.

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**What’s happening...**

The P&C will be holding an Easter raffle this year. In previous years we have asked for donations to make up prize baskets however this year we will be supplying the prizes. Ticket costs will be $1 each or 3 for $5 and Easter raffle tickets will be sent home shortly, please look out for them soon!

Become a volunteer! Would you like to help in your child’s classroom? Being a parent helper is a wonderful way to share in your child/ grandchild’s education. If you would like more information ask you child’s teacher how you could help. Please always remember when volunteering sign into the visitors book at the front office.

**Free Morning tea!** The P&C will be supplying a yummy morning tea to all who attend the Fruit and Veg Sense Workshop, 15th March 2016, 9.15am 10.45am. This is a wonderful workshop hosted by the Cancer Council NSW and all who attend will receive a free cookbook. To register return the reply slip attached to the Fruit and Veg sense Workshop flyer in this newsletter to the office. Don’t miss out on this wonderful opportunity and get some helpful hint.

The P&C will be supporting the Bandaged Bear colouring competition this Thursday and providing prizes to the winning entries. It is our pleasure to be providing 1st, 2nd and 3rd prizes to Kindy, Stage 1, Stage 2, Stage 3 and The Support Unit. Good luck and happy colouring to all the entries!

Are you interest in learning more about being a part of a P&C Committee? Would you like to know how you can help? Or do you have some ideas you would like to share? If you would like more information please send us and email to werrington-pandc@gmail.com

We look forward to hearing from you soon!

Kind regards,

Your P&C Committee
Come to our FREE Fruit & Veg Sense Workshop

Did you know that eating enough fruit and vegetables all their lives can help protect children against diseases, including some forms of cancer? This free workshop run by Cancer Council NSW will show you how you can easily:

- Save time and money making healthy meals
- Learn clever ways to entice fussy eaters
- Get a free recipe book simply by attending

The Eat It To Beat It program is supported by the Nepean Blue Mountains Local Health District Live Life Well School Program.

Your name:
Your contact number or email:

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Your name:
Your contact number or email:
Is this you?

Most of the time, you know you are doing a good job with parenting. But there are times when things get a little tricky. Like when your toddler won’t eat her dinner. Or your six year old won’t share his toys. If only someone could give you some ideas to make those times easier! If this sounds like you, then a Stepping Stones Triple P seminar may be right for you.

As part of the Stepping Stones Triple P Project, Lapstone Early Childhood Intervention Service invite all parents of children with a disability aged 2 to 12 to attend the following FREE parenting seminar series:

Seminar 1: Positive Parenting for Children with a Disability
Monday, 7th March, 10am-11.30am.

Seminar 2: Helping your Child reach their Potential
Monday, 14th March, 10am-11.30am.

Seminar 3: Changing Problem Behaviour into Positive Behaviour
Monday, 21st March, 10am-11.30am.

Where: Lapstone Preschool, 173 Explorers Rd, Lapstone NSW 2773
Cost: FREE – As this is part of a research project
WHO: Any parent/caregiver of a child with a disability aged 2-12 years

RSVP: As these programs are being funded as part of a research project please contact the research team to register your interest. Phone: 02 9114 4060
Email: fhs.Steppingstones@sydney.edu.au or website: http://www.triplep-steppingstones.net/au-en/get-help/find-a-stepping-stones-session/

Fund by the National Health and Medical Research Council, Australia
Wesley Psychological Services
Sydney CBD and Greater Western Sydney

Every life matters

Wesley Psychological Services is a team of experienced and highly accredited psychologists part of Wesley Mission, a non-profit community organisation.

The psychologists are fully registered with the Australian Health Practitioner Regulation Agency: Psychology Board of Australia. Above all, they are warm, understanding and dedicated to providing supportive and effective therapy based on the latest scientific research.

Wesley Psychological Services strives to help improve mental health within the community and provide the resources to empower individuals to live full and meaningful lives.

Our areas of expertise:

- anxiety
- depression
- stress
- trauma and childhood abuse
- low self-esteem
- addictions (behavioural or chemical)
- eating disorders and weight management
- sleep disturbances
- adjustment issues.

Our psychologists work with all ages across the lifespan from children, adolescents, adults and older adults.

Therapies are tailored to each individual’s needs and include but are not limited to Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), Narrative Therapy as well as Dialectical Behaviour Therapy (DBT).

Make an Appointment:

We are committed to making psychological services accessible and affordable to individuals from all walks of life.

Medicare rebate is available when a referral is obtained from a GP under the Mental Health Care Plan.

To make an appointment, simply call 1300 827 638 and bring a completed referral letter from your GP (see overleaf).