This Week’s Virtue is: Responsibility
Responsibility means that others can depend on you. You keep your agreements and your promises.

This Week’s Road Safety Tip:
Always dismount and walk your bicycle or scooter when crossing any road

Principal’s Report
We are rapidly approaching the halfway point of the term which is rather hard to believe. The term so far has been very busy with the school and zone swimming carnivals, parent information sessions, PLP meetings, water saving shows and a P&C meeting to name a few.

I will miss part of the remainder of the term as I will be on Long Service Leave. During this period Mrs Noble will be relieving as Principal and Mrs Houston relieving as Assistant Principal in the Infants.

Bullying
There have been some reports of bullying within the school and I would like to provide some information regarding bullying in the next few newsletters. The following is from the bullying no way website:

Fast Facts: Bullying in Schools
www.bullyingnoway.gov.au/resources

Bullying. No Way! is an initiative of all Australian education sectors working together to promote safe and supportive school communities.

What is bullying? The National Safe Schools Framework defines bullying as repeated verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons. Cyberbullying refers to bullying through information and communication technologies, e.g. the internet or mobile devices. Conflicts or fights between equals and single incidents are not defined as bullying. Bullying of any form or for any reason can have long term effects on those involved, including bystanders.

In short, bullying is a repeated pattern of harmful verbal, physical or social behaviour which involves the misuse of power. Cyberbullying is bullying through the internet or mobile devices.

Is every conflict between students bullying?
Not all aggressive or harmful behaviour between people is bullying. While conflicts and aggressive behaviour need to be addressed, it is important to be clear when these behaviours are not actually bullying. The definition of bullying has three critical aspects: a repeated pattern, the misuse of power within relationships, and behaviour which causes harm; all three aspects need to be present in order for behaviour to be called bullying.

What does the ‘misuse of power’ mean?
In a situation where there is a power imbalance, one person or group has a significant advantage over another, and if this power is misused, this enables them to coerce or mistreat another for their own ends. In a bullying situation this power imbalance may arise from the context (e.g. having others to back you up), from assets (e.g. access to a weapon) or from personal characteristics (e.g. being stronger, more articulate or more able to socially manipulate others).

Why is the definition of bullying important?
A clear, comprehensive and shared definition is essential to enable schools to identify bullying, and distinguish it from other types of conflicts or violence, so that appropriate strategies and interventions can be used.

How is bullying different from violence, harassment and discrimination?
The critical feature that distinguishes violence, harassment and discrimination from bullying is that bullying happens within social relationships, featuring repeated and harmful behaviours that stem from a misuse of power. Violence, harassment and discrimination can occur as part of bullying, but also can occur in one off conflicts or between strangers. It is important to know the difference as the effect on the individual or group may be different and the responses to each may need to be different. Intervening in less serious bullying early can often prevent harassment, discrimination and more serious negative behaviours from becoming part of the bullying pattern.

We are taking reports of bullying extremely seriously and teachers are addressing it in class and on the playground.

We are also having the NRL deliver an anti bullying program on Tuesday 12 March and the Australian Communication and Media Association deliver a cyber
bullying program to students, teachers and parents Wednesday 13 March (note went out Monday 24 February). At Windale PS we promote a happy, fun and safe learning environment. If your child believes that they are being bullied or would like help with an issue they must tell their teacher as we cannot act without knowledge.

Road safety
Road safety is everyone’s responsibility. The streets around the school get extremely busy, particularly in the afternoons. Students need to be reminded that they take care crossing the road and riding bikes in traffic.

We had one student run into a car last week and he was thrown from his bike. Fortunately, he was uninjured but the fact that he was not wearing a helmet meant that he was extremely lucky. Another student was nearly hit on Tuesday morning riding, with his head down not looking at his surroundings, in the middle of the road, and again with no helmet.

The lack of helmets is a major concern for staff. 60% to 90% of head injuries can be reduced by wearing an approved helmet.

It is also recommended that children under the age of 10 restrict riding to parks and footpaths and if on the road accompanied by an adult.

We also ask that parents do not park in a position that potentially puts students at risk e.g. right on street corners and in No Parking zones (school side of the road in Kilfera Street-see photo). Council Rangers and Police monitor school zones on occasion. School parking offences were in the last newsletter.

Dogs in schools
The school has a “no dog” policy. Section 14 of the Companion Animal Act (1998) prohibits dogs on school grounds except where the Principal gives permission.

Waiting for children in Infants playground
There are adult sized tables and seats in the Infants playground which can be used by parents/carers while waiting for their children. Please do not sit on the tables where children eat their lunch as they are not designed for that.

We also request that bikes and scooters are not ridden in the playground while students are exiting as it is a safety issue.

Regards
Rick

Paul Harragon Cup/School Cross Country
The School Cross Country was originally scheduled for Friday 7th March (Week 6) but we have now entered the Paul Harragon Cup which takes place on the same day. The first attempt at the School Cross Country will now be moved forward a week to Friday 28th February (this week, Week 5).

Vanessa’s Message Stick
Hi everyone,

I would like to say a great big thank you to the parents and staff who attended our Aboriginal Education Committee meeting. We had a yarn and came up with some great ideas to use for our PLP’s for our Aboriginal students.

We also formed a team to help with preparations for upcoming cultural events this year. Anyone who may have been unable to attend the meeting is still very welcome to come along to any of our planning meetings. If you have any questions please don’t hesitate to call me or drop in for a yarn and a cuppa. Hope you all have a great week!

Cheers
Vanessa Edwards, Relieving Aboriginal Education Officer

Coming Events
Friday 28/2/14:- First attempt at the School Cross Country. Children will leave school at approx 9.15am and walk to Barloo Oval. We should return by lunch time.

Friday 7/3/14:- A squad of 11 senior footballers will be going to Ford and Kentish Oval to participate in the Paul Harragon Cup 7 a side competition.

Friday 7/3/14:- Starting on this date and continuing through to the 28/3/14, two primary classes per week will attend Hunter Sports High from 1.30pm to 2.30pm on a Friday to allow the HSH students doing a PE course to gain experience in coaching various sports, which is part of the course they are completing. Transport will be provided by HSH.

Thursday 13/3/14:- Cybersmart Presentations for students, staff and parents. Student and staff presentations will occur during school hours. An informative presentation is also available for parents and carers at 5:30pm in the School Hall.

Canteen
Ice-Cream Day is on Thursday 20th March at Lunch time only. Order forms have been sent home and there is a copy in this newsletter. Please return all notes to the Canteen before 17th March, in a sealed envelope with your child’s name, class and correct money enclosed.

School Procedures
Late Arrivals/Early Departures
Parents are reminded that school starts at 9:00am and children are expected to be ready to commence lessons at this time. Late arrivals cause disruption and loss of learning time to not only the latecomer, but to all students in the class. Please endeavour to have your child/ren at school punctually and ready for a great day of learning. If your child is late a late Note must be obtained from the Office before proceeding to the classroom.

If you need to collect your child/ren early (during school hours) the same procedure applies and you must report to the Office first and obtain an Early Leaver’s Note, before proceeding to the classroom so it can be given to the classroom teacher.
School Swimming Carnival Results

On Wednesday of Week 3 we went to Charlestown pool for our annual swimming carnival. Only about half the children attended and quite a few that did were weak or non swimmers. Swimming school will again occur in Term 4 and it is very important that your child is able to swim. So please ensure your child attends if they are not a strong swimmer.

The results were as follows:-

House Champions
Senior:
Girls:- 1st Macquarie, 2nd Shortland, 3rd Hunter.
Boys:- 1st Macquarie, 2nd Shortland, 3rd Hunter.

Junior:
Girls:- 1st Shortland 2nd, 2nd Macquarie , 3rd Hunter.
Boys:- 1st Shortland 2nd, 2nd Hunter, 3rd Macquarie.

Our individual swimming champions were:-
Junior:- Girls- Lucy E, Boys- Adam P.
Senior Girls- Charlee M and Taylor C (tie), Boys- Jarrad H.

P & C News

Our P & C AGM will be held on 31st March (Monday) at 12:15pm at Milabah. All positions are open and available.

Our first fundraiser is an Easter Raffle which is coming up soon and the P & C are asking for donations of Easter Eggs and Baskets etc. Please forward donations to class teachers or canteen for collection.

2014 Book Packs

All 2014 Book Packs, K-6, are $40. Payments can be made at the Office.

Important Dates to Remember

<table>
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<th>Term 1</th>
<th>Term 2</th>
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| **Week 5**
Friday 28 Feb | School Cross Country |
| **Week 6**
Friday 7 Mar | Paul Harragon Cup |
| **Week 7**
Wednesday 12 Mar | NRL Anti-bullying Presentation |
Thursday 13 Mar | Cybersmart Presentations |
| **Week 8**
Thursday 20 Mar | Aboriginal Education Team Meeting |
| **Week 10**
Monday 31 Mar | P & C Meeting |
Wednesday 2 Apr | T Ball Gala |
| **Week 1**
Monday 28 Apr | Staff Development Day |
Tuesday 29 Apr | Staff Development Day |
Wednesday 30 Apr | Students Return to School |

Milabah - Place of Fun

Jarjums Playgroup

Playgroup has started back, with Larissa and Marie. Lots of fun activities are planned and we hope to see some new faces as well as those we already know and love. We ask for a gold coin donation for craft items and morning tea is provided.

Windale Junior Rugby League Club

Windale Junior Rugby League Club is holding a coaching clinic on 27th Feb 2014 for U'6 - U'13 at Windale ovals 4pm - 5:30pm cost $3 including sausage sizzle and drink. We will also have two first grade Newcastle Knights players coming to help with drills everyone is welcome! Rego is now being taken for players U'6 - U'18s at Windale ovals Tuesday - Thursday 4-6pm

WINDALE FRESH

The next order for Windale Fresh needs to be in by Friday 7th March, with orders to be picked up on Monday 10th.

SFON

Our Active After School Sports program has started back, if you have enrolled and are not attending, your place, unfortunately might be given to someone else. Congratulations to Jodie and Serena for completing their Community Coaching Course. All children will need a new enrolment form before they can start.

Hunter Tenants Advice and Advocacy Service

Representatives from HTAAS will be holding Outreach services at Milabah from 9 – 11am fortnightly , They will be here this Thursday, 27th. If you have any questions or concerns regarding your tenancy, no matter who you rent from, come and talk to one of the friendly reps from HTAAS.

Grandparent/Carers Group

Our first Grannies group is on this Thursday at 1pm. There are always lots of laughs, support for each other and ideas around the challenges of parenting second time round. All Grandparents are welcome.

Roselea
49487786
KS
Ben S  A kind and helpful class leader.
Nadia B  A sensational student who always does her best.
Ben S  Always ready to listen and learn.
Keely G  A wonderful class leader.
KE
Sharna W  Bringing her beautiful smile to school.
Rily H  Excellent application in Maths groups.
Cyrus D  Improvements in number recognition.
Aleyah H  Being a caring and co-operative class member.
1/2A
Natania W  Enthusiastic application in all writing tasks.
Morgan D  Always using his virtue of respect.
Jeraki N  Excellent work in all reading and writing activities.
Jacinta D  Outstanding effort in mathematics,
1/2B
Emily P  Being a quality worker during reading groups.
Jaxxon W  Settled classroom behaviour.
Levi S  Always doing your best in writing.
Tenasy L  Being a wonderful classroom helper.
1/2H
Jake K  Always showing his virtue of respect at school.
William R  For being a “super” student ALL the time.
Emilia J  Always doing her best at school EVERY day.
3/4D
Joshua G  Enthusiasm for learning.
Kristen H  Enthusiasm for learning.
Ben T  Doing his best in class.
Tayla G  Great application and enthusiasm.
3/4M
Ryan W  Enthusiasm and participation in class novel.
Benjamin W  Outstanding improvement in application and attitude towards class work.
Taylah L  High quality book work.
Cade H  Outstanding sportsmanship and co-operation at the swimming carnival.
3/4R
Christopher S  Excellent effort in all areas!
Grace B  Always trying her best. Keep up the good work.
Candace H  An outstanding work ethic and supportive class member.
Adam P  Excellent attitude and effort. A great start to the year!
5/6C
Blake R  Trying hard to improve his school work.
Ethan H  Being an incredible helper to Miss Carter when she’s busy and forgetful.
5/6T
Tarni E  Being a fantastic group leader in Reading.
Hayley L  Being respectful in class.
Jesse K  Excellent improvement in Reading.
Jacinta F  Being a Super Star in class.
5/6SF
Brian B  Fantastic effort in Descriptive Writing.
Bryce W  Enthusiasm and effort in completing set tasks.
Demi H  Completing high quality work.
Jack G  Completing set tasks on time.

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*************** ATTENDANCE AWARD - KE ***************
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How Much Sleep Is Enough for my child?
This question is something that most parents at some time or another ask themselves. We found the following articles from www.kidshealth.org and www.sleepforkids.org very interesting.

It all depends on a child's age. There's no magical number of hours required by all kids in a certain age group. Two-year-old Sarah might sleep from 8:00 PM to 8:00 AM, whereas 2-year-old Johnny is just as alert the next day after sleeping from 9:00 PM to 6:00 AM.

Still, sleep is very important to kids' well-being. The link between a lack of sleep and a child's behaviour isn't always obvious. When adults are tired, they can be grumpy or have low energy, but kids can become hyper, disagreeable, and have extremes in behaviour.

How much sleep:
Preschoolers
Preschoolers sleep about 10 to 12 hours per night. A preschool child who gets adequate rest at night may no longer need a daytime sleep. Instead, a quiet time may be substituted.

School-Age Children and Preteens
School-age kids need 10 to 12 hours of sleep a night. Bedtime difficulties can arise at this age for a variety of reasons. Homework, sports and after-school activities, TVs, computers, and video games, as well as hectic family schedules might contribute to kids not getting enough sleep.

Lack of sleep can cause irritable or hyper types of behavior and may make it difficult for kids to pay attention in school. It is important to have a consistent bedtime, especially on school nights. Be sure to leave enough time before bed to allow your child to unwind before lights out.

Routines can help children form good bedtime habits
Typical Bedtime Routine:
- Have a light snack
- Bath or shower
- Put on pyjamas.
- Brush teeth.
- Read a story.
- Make sure the room is quiet and at a comfortable temperature.
- Put your child to bed.
- Say goodnight.

Helpful Tips:
- Make bedtime the same time every night.
- Make bedtime a positive and relaxing experience without TV or videos. According to one recent study, TV viewing prior to bed can lead to difficulty falling and staying asleep. Save your child's favourite relaxing, non-stimulating activities until last and have them occur in the child's bedroom.
- Keep the bedtime environment (e.g. light, temperature) the same all night long.

KE - Learning to Share
In KE we are learning to share, help each other, work cooperatively, stay on task and how to make friends.

Too sick for School?
If your child is absent from school due to illness, especially for three or more days, we recommend you obtain a Doctor's Certificate for their school records. Also, if your child develops a rash it is suggested they visit the Doctor so a diagnosis can be made and a Doctor's Certificate can be obtained, even if the diagnosis is clear. This is to ensure the safety and wellbeing of all our students. It is outlined in the Policy for Student Health in NSW Public Schools that parents are expected to:
- Liaise with the child’s medical practitioner about the implications of any health condition for their schooling and convey advice and information from the medical practitioner to the school.

Thank you for your co-operation in these important matters.
Community Notices
Windale Junior Rugby League Club

Are holding a coaching clinic on 27th February, 2014 for U’6—U’13 at Windale Ovals 4pm—5:30pm. Cost $3.00 including sausage sizzle and drink.

SCHOOL ZONE PARKING OFFENCES
Penalties for School Zones, Current as at 1 July 2013

- Means that in the area in the direction of the arrow, you must NOT STOP your vehicle at any point on the road or kerb, unless there is a medical or other emergency.
  MAXIMUM PENALTY
  $304 + 2 POINTS

- Means that you have no more than 2 minutes for drop-offs or pick-ups of passengers or goods and the driver must stay within 3 metres of your vehicle.
  MAXIMUM PENALTY
  $169 + 2 POINTS

- Means that in the direction of the arrow or arrows you are not allowed to stop your vehicle unless you are driving a bus.
  MAXIMUM PENALTY
  $304 + 2 POINTS

DOUBLE PARKING
You are NOT PERMITTED to stop or park your vehicle alongside another vehicle that is already parked parallel to the kerb.
  MAXIMUM PENALTY
  $304 + 2 POINTS

- STOP in a NO STOPPING zone: $304 + 2 points, or STOP on or near a Children’s or Pedestrian Crossing: $406 + 2 points
- STOP on path/strip in built up area: $169 + 2 points
- STOP or Park in a Disabled Marked Area without a permit: $506

Windale Public School
A Vibrant & Caring Learning Community
Kilfara Street Windale NSW 2306
Tel: 49 488864 Fax: 49 489720 School Security Number: 1300 880 021
E-mail: windale-p.school@det.nsw.edu.au Web: http://www.windale-p.schools.nsw.edu.au

Ice-Cream Day 20 March 2014 (RED DAY) Lunch Time Only
Please choose from the following menu and return to the canteen before 17/03/2014 in a sealed envelope with your child’s name, class and correct money enclosed.

Student Name: ___________________________ Class: ____________

YOUR CHILD WILL RECEIVE ONE SCOOP OF ICE-CREAM PER CUP
PLEASE TICK YOUR CHOICE

$1.50 (1 Scoop per cup)  Free Toppings  Extra Topping / 50 cents each

☐ CHOCOLATE  ☐ CHOCOLATE  ☐ SHAVED CHOCOLATE
☐ RAINBOW  ☐ STRAWBERRY  ☐ M&M’S
☐ SPRINKLES

Total amount $ ________ in envelope

All orders to be handed in to the Canteen