



Term 4

Week 6

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2019 Student Leadership Team

Congratulations to the following students who have been elected as the 2019 student leadership team:

Meg SD	Cody M
Brigitte M	Adam B
Ariel W	Tyler M
Ava G	Tyler TJ
Eliza B	Jasper W
Mia B	Blake D

Each one of these talented students presented their School Captain speeches at a special assembly of students from Years 2-6. The students, parents, teachers and I watched on whilst the contenders delivered their speeches with confidence and conviction. Pride filled the room as those present were informed and entertained. A deep level of understanding of the key aspects of the school captaincy role was clearly demonstrated throughout the assembly. Thank you to the community members who supported our students through their attendance. Remember, the official order of the 2019 student leadership team will be formally announced at our Presentation Day ceremony on Friday 7 December. Well done to all involved.

2019 Preparations

We're getting in early with our preparations for 2019 and thought we'd help you get in on the act too!

Below is a link to an excellent NSW Department of Education web page with lots of information on:

Starting preschool

Starting primary school

Starting high school

Term dates 2019

Learning resources

Homework helpers

School transitions

The latter topic is particularly appropriate given that next week we conclude our Kinderlinks Transition process, whilst our Year 6 students start mentally preparing for the switch to high school in just over two months time.

Please take your time to explore the link: I am sure you will find it useful.

[Click here for more information](#)

<https://bit.ly/2qTOome>

Parent Helper Morning Tea

In appreciation of the wonderful help provided by family and friends, the Wideview staff will be holding our Parent Helper Morning Tea on Monday December 3 2018. If you have helped us in any way please come along and join us from 11 am in the WOOSHC building.

Book Club

Issue 8 was sent home this week. This is the last Book Club Issue for 2018. Thank you to everyone who has purchased from Book Club during this year. We have been able to buy many new titles for the library using the rewards points the school earns from Book Club sales. We are focusing on bringing the non-fiction section up to date so make sure you keep an eye out for new titles coming to the shelves in 2019.

Once again, this issue allows you to place a separate order as a surprise gift by using the “gift function” when ordering via LOOP, orders will be delivered to the school marked accordingly as a gift (not gift wrapped) and will be available for your collection from the library. The best way to place your order is via LOOP (instructions are on the order page of the catalogue), orders must be in no later than Thursday 29 November.

Showcase Concerts – No restrictions on tickets from next Monday 26/11/18

As part of Wideview’s Creative Arts Program, we would like to invite parents and friends to our Showcase concerts:

Matinee Concert—Wednesday 12 December beginning at 11:30am

Twilight Concert—Wednesday 12 December beginning at 5:30pm. Students to be at school at 5:00pm

Evening Concert—Thursday 13 December beginning at 7:00pm. Students to be at school at 6:30pm

All tickets are available through TryBooking - *WPS Showcase 2018*. Link and event code is:

<https://www.trybooking.com/book/event?eid=430862&>

The 7:00pm show on Thursday 13th December is **SOLD OUT!** There are plenty of tickets left for the other shows, but get in quick!

Merit Awards

KGM	Sam I, Daphne L	KC	Ava B, Isla G	1T	Darcy S, Zalia W
1/2F	Doug O, Grace G	2D	James F, Samantha G	2C	Matilda P, Lucy E
3C	Toby J, Miles T, Christian M	3H	Darcy NK, Zoe B	4LM	Tom O, Tess C
4/5C	Finn V, Nicholas G, Jet M	5/6T	Bronte T, Nathan A, Ariel W	6H	Jayden M, Sabine H

Anxiety and Depression in Children



Reduce Stress - Excessive stress and tension in your home (e.g. arguing, too many lessons/activities etc.) can have a negative effect on your child. Look at ways to reduce stress. For instance, plan some fun each day (even if it's only 5 minutes) to read a story, go for a walk, watch a movie together, do a mindfulness activity or listen to music. Also try to deal with conflict between family members when it arises (family meetings to discuss problems). Parents also need to be careful not to express frustration or anger by arguing or raising voices around their children and being mindful that children do not need to be a part of all adult conversations.

Make a routine - Establish specific times for meals, homework, quiet time and bed time. Even 12 year olds need to be in bed by 9:00pm. Adults need time away from their children too! Establish a routine which includes showering, reading, chatting, sleep. Electronic devices should be discouraged as part of the bedtime ritual.

Work together - It is important that you and your partner work together to help your child manage their anxiety. If parents are not consistent, it can be very confusing for your child. Try to agree on ways of handling your child's anxiety (e.g. both agreeing to limit giving excessive reassurance or both following through on setting limits, such as not having the child sleep in your room) and be consistent in terms of rewards.

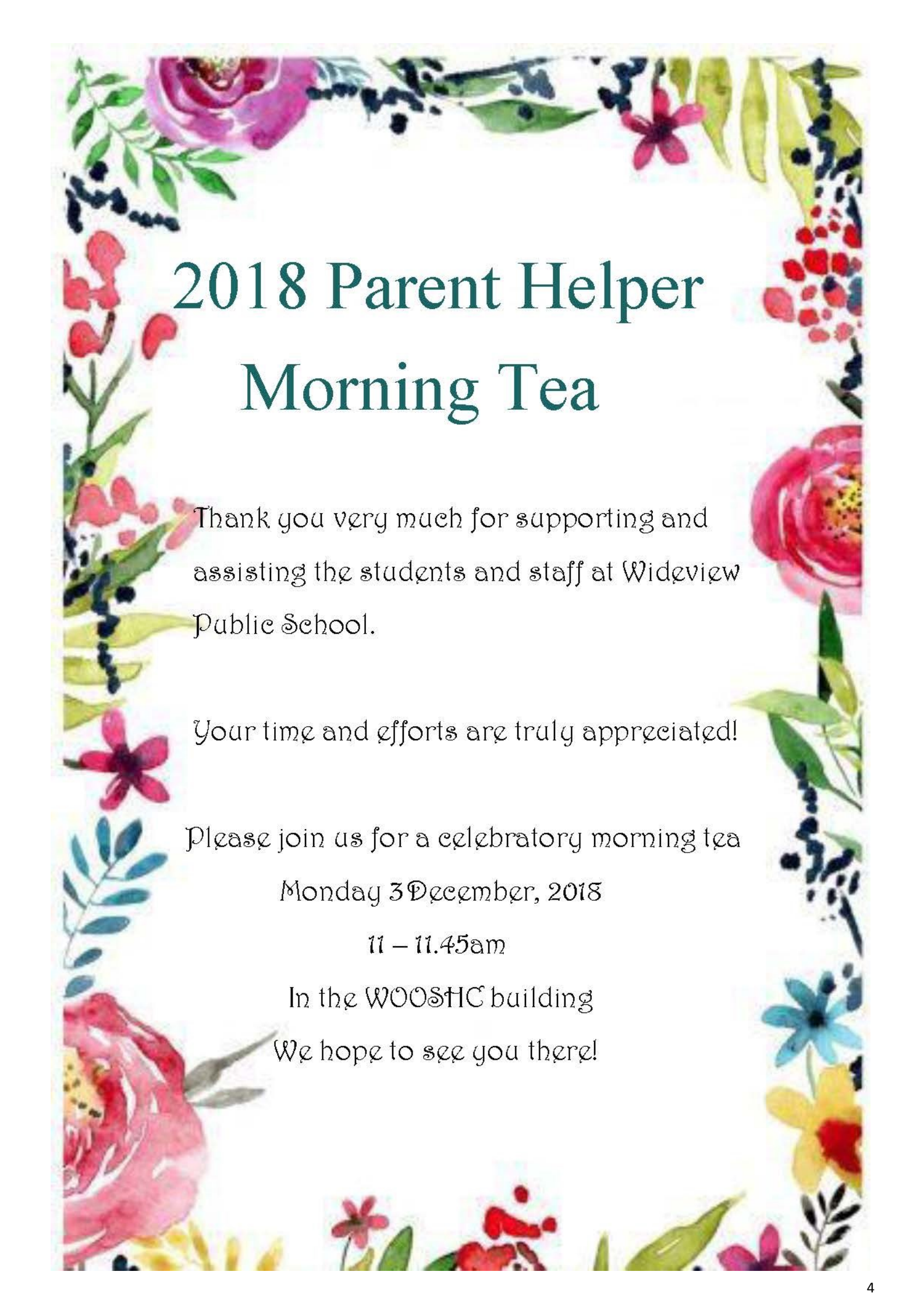
Mindfulness



Over the last decade, mindfulness has been slowly rising in popularity with many individuals practising it on a regular basis. Evidence based research has found that there are many benefits to mindfulness which has prompted schools across the nation to implement this practice into their daily routines.

Mindfulness can be described as attention training for your brain, enabling you to focus on something without judgement and to stimulate curiosity. Mindfulness can be practised in a number of ways and is something that can be done by everyone - no matter what your age! It has been practised by many cultures around the world, but it is not exclusively affiliated to any particular philosophy or religion.

Mindfulness helps improve memory, engagement and performance. Its positive effect on the brain can improve immunity, mental wellbeing, learning ability, emotional health and even, time management. It is especially important in this era of information overload as our attention is constantly being pulled in many directions making us more distracted.



2018 Parent Helper Morning Tea

Thank you very much for supporting and assisting the students and staff at Wideview Public School.

Your time and efforts are truly appreciated!

Please join us for a celebratory morning tea

Monday 3 December, 2018

11 – 11.45am

In the WOOSH building

We hope to see you there!

School Calendar

The Calendar is updated each week. Please check regularly for any additions or changes which will be marked in red for your convenience.

Term 4 2018		
November		
29	Thursday	Book Club due
December		
3	Monday	Parent Helper Morning Tea
7	Friday	Presentation Day
10	Monday	Yr 6 Farewell Dinner
12	Wednesday	Showcase Matinee & Twilight Performances
13	Thursday	Showcase Evening Performances
18	Tuesday	K-2 Fun Day, Stage 2 Picnic, Stage 3 Surf School
19	Wednesday	Last day of Term 4 for students
January 2019		
30	Wednesday	First Day of Term 1 2019 for students

P&C Update



In July 2017 the whole Wideview school and the local community came together to put on our biennial school fete to raise funds to make our wonderful school an even better place for our kids to be. And what a day it was! The sun shone (in fact we SOLD OUT of ice-creams in the middle of winter!) and a great time was had by the, we estimate, 5,000 people who came through our school gates.

It's hard to believe that the time has come to start planning our next one and I am very excited to be heading up the same committee of brilliant, dedicated, fun mums who I worked with last year to bring it all together (with an exciting addition; past fete gurus Michelle Burr and Kirsten Baird who will be filling the large shoes of Ingrid Robertson. Thanks Michelle and Kirsten!)

For those of you who have never been at Wideview for a fete it really is a whole of school event and we are really hoping that we can count on each and every family, child and teacher again to get behind the 2019 fete to make it bigger and better than ever.

The date for the 2019 Winter Wonderland is set for **June 30 2019** – so please put the date in your diaries. There will be lots of information starting to come out in Term 1 as we start to ramp up the organisation!

For now we wanted to put a call out to anyone keen, willing and able to share the love and load with the fete committee by helping out with the pre fete organisation. We are looking for people to work with the main committee in the areas of;

- Sourcing prizes
- Social Media Promotion
- Approaching and liaising with sponsors
- Coordinating local music and dance performances
- Setting up the silent auction

And much more besides! We already have a number of people who have said they will help (you know who you are – thank you!) but it really is the more the merrier; there is plenty to do!

Many hands really do make light work so please, if you can help in any way, do put your hand up – the committee did a colossal job last time but are very keen to get some more help this year so they actually see their families in term 1 and 2!

And it really is lots of fun – a great to make new friends, to get to know the school and to really feel like you're contributing to your kid's school experience in a positive way.

If you think you can help please just email us at wideviewfundraising@gmail.com and we will come back to you in a shot!

Thank you so much in advance and if we don't see you before, dare we say it, Happy Christmas!

From the Winter Wonderland Wideview fete committee 2019!

PS just a quick shout out that Berowra Public school's fete (take 2) is on 8th December. Let's all try and get along and support them as they supported us last year, if we can!

PPS If you have any thoughts/idea/feedback about the fete please also shoot us a line!

Vacation Care

We have a fun and exciting program planned for the January holiday period. With Water fun days, Incur-sions and Excursions to the Theatre and Ninjas.

Vacation Care bookings are NOW OPEN to ALL students enrolled at Wideview Public School. This included new families to the school starting in 2019 and also all children that currently do NOT attend WOO-SCH. Places are already filling up, so if you would like to book in please ensure you don't wait too long to secure your place.

To book in for Vacation Care please complete the booking form found in the newsletter and email it to wooshcholidays@gmail.com once sent you will receive an email to confirm your child's days.

VACATION CARE BOOKING INFORMATION

GENERAL INFORMATION: Vacation Care is open to all children enrolled at Wideview Public School. Please make sure that you book in quickly so that you don't miss out.

All bookings must be made via the Vacation Care Booking Form and submitted to the vacation care email: wooshcholidays@gmail.com

Bookings are open from Monday 12 November until Wednesday 19 December. All bookings will be confirmed by email as soon as possible. Bookings are NOT final until confirmation has been given.

Allocation of places will be based on WOOSHC priority of access guidelines, and in order of receipt of application. Places are only available to children enrolled at Wideview Public School.

There are no cancellations, refunds, credits or transfers once your booking has been processed. All bookings are final. Cancellations will incur full fees unless another day of care in the same week can be substituted. The option of an alternate day will be subject to availability.

PG and G rated movies may be shown at the centre during the vacation care period, please see an educator if you have any concerns about this.

Every effort is made to provide the activities as advertised in this brochure, however sometimes, due to circumstances out of our control, this is not possible. If an activity is cancelled we will try to provide another activity and inform families as early as possible.

Centre and Program rules are established for the safety and well-being of all children. Consistent disregard of rules may result in exclusion from the program following consultation with educators and Parents/Guardians.

HOURS: 7:00am to 6:00pm. Children are to be signed in and out by a parent/guardian between these times. Children will only be allowed to leave the Centre accompanied by an adult nominated in your enrolment form. Notice in writing is required if the child is to be collected by anyone not nominated in your enrolment form.

PHONE: 9456 6513 for all enquiries and booking information

EMAIL: wooshcholidays@gmail.com (Vacation Care enquiries and bookings only)

RATIOS: In House and Incursions - One educator for every 15 children as a minimum standard. Excursions - One educator to every 8 children as a minimum standard.

WHAT TO BRING TO VACATION CARE: Children need to bring a hat, morning tea, lunch, snacks and a refillable drink bottle. We suggest you pack a frozen ice brick with your child's lunch to help prevent the growth of bacteria and keep it cool until lunchtime. Cooking activities may be part of the day's program but they are not meal substitutes unless stated.

Children should not bring any toys (including mobile phones and MP3 players) or expensive jewellery to Vacation Care, as they may be lost. Vacation Care will not be responsible for lost valuable items. Please also note that children will NOT be able to purchase things on Excursion so please do NOT send money for excursion days.

WHAT TO WEAR TO VACATION CARE: Please clearly label all items!

Sunhat and sunscreen – No hat means children may only be allowed to play in the shade. Children without hats may miss out on outdoor activities!

Please apply sunscreen to your child every day before dropping them to Vacation Care. Sunscreen will also be applied to all children each day in the morning and afternoon. If your child has sensitive skin please ensure that you provide your own sunscreen to be applied at these times.

Clothing should be practical and sun smart. Singlet tops are not appropriate as exposed shoulders are prone to sunburn. Children who do not bring sufficient warm clothing will be loaned a jacket for a laundering fee of \$5

ENCLOSED/COVERED shoes ONLY – thongs, slides and most sandals are NOT appropriate or safe footwear at Vacation Care. Children who do not have appropriate footwear may not be able to participate in all activities.

***** EXCURSIONS *****- Children MUST wear the WOOSHC EXCURSION T-SHIRT on each excursion day this is a compulsory requirement to attend the excursion.

T-Shirts are available from WOOSHC and will need to be ordered upon booking for vacation care. The T-Shirts cost \$10 and this fee will be added to your booking fees for vacation care.

FOOD: Breakfast and Afternoon Tea will be offered to all children attending the service.

Please help us be allergy friendly! Many children have allergies to various foods. Nut allergies are especially common.

There are to be **No nuts or nut products (including peanut butter and hazelnut spread)** in your children's lunches and snacks.

Please provide healthy snacks, morning tea and lunch. Lollies, sugary drinks and sweets are discouraged.

Please ensure your child has plenty to eat and a drink bottle to fill with water. If your child does not have a drink bottle, they will be provided with a refillable drink bottle for a fee of \$2

FEES & PAYMENTS: Daily Fees are payable for all children booked into the service on the given day. There are no cancellations, refunds, credits or transfers once your booking has been processed.

In House Fee \$55

Incursion Fee \$70

Excursion Fee \$75

PLEASE NOTE: **WHAT'S IN THE GARDEN DAY incurs an extra fee of \$5 for the take home garden.**

Children who are collected after 6.00pm will incur a Late Pick Up Fee of \$15.00 per every 15 minutes late or part there of.

A \$20.00 Digital Administration Fee will be charged to all new families (who have not attended WOOSHC before) upon booking into Vacation Care.

EXCURSION DAYS:

******* Children MUST wear the WOOSHC EXCURSION T-SHIRT on each excursion day.

T-Shirts are available from WOOSHC and **will need** to be ordered upon booking for vacation care. The T-Shirts cost is \$10 and this fee will be added to your booking fees for vacation care.

Children and staff will travel by charter bus to each excursion venue. The bus will usually leave the Vacation Care Service at approximately 9.30am and return to the centre at 4.00pm. Please ensure children are dropped off by 9.00am on excursion days. Times and destinations will be advertised on Excursion Days at the Sign In/Out area.

There will be up to 45 children on each day.

For each excursion the ratio will be one educator for every eight children, ie six educators for forty five children as a minimum.

A risk assessment with more details about each excursion can be viewed at WOOSHC if you would like to view it prior to booking.

Information on time of departure for excursions, special requirements for the day, or late changes to the program, will be displayed at WOOSHC or are available by phoning WOOSHC during opening hours. Parents/Guardians are responsible for ensuring they have all information required.

Children will NOT be permitted to purchase food/items on excursions, please DO NOT send money with your child to Vacation Care.

VACATION CARE BOOKING FORM

Please Complete the form below to book in for Vacation Care at Wideveiw Public School. Vacation Care is open to all students enrolled at Wideview Public School. Once completed please forward this form via email to: wooshcholidays@gmail.com all bookings will be confirmed via email once received.

Child's Name

_____	_____
First Name	Last Name

Birth Date:

_____	_____	_____
Day	Month	Year

Additional Needs,
Allergies, or Medical
Conditions

Child's Name

_____	_____
First Name	Last Name

Birth Date:

_____	_____	_____
Day	Month	Year

Additional Needs,
Allergies, or Medical
Conditions

Parent/Guradian Name

_____	_____
First Name	Last Name

E-mail

Phone Number:

_____	_____
Area Code	Phone Number

Emergency Contact

_____	_____
First Name	Last Name

Phone Number:

_____	_____
Area Code	Phone Number

Date Selection?

Monday 14th January - Welcome To Summer
Tuesday 15th January - Down By the Beach
Wednesday 16th January - Monkey Baa Theatre (EXCURSION)
Thursday 17th January - Summer Sports Day
Monday 21st January - Are you Ready to Fly
Tuesday 22nd January - Moving Bodies, Ninja Course (EXCURSION)
Wednesday 23rd January - What's in the Garden
Thursday 24th January - Australia Day Party

Wednesday 23rd January BOOKINGS ONLY

Children have the option to choose a Fairy Garden, Dino Garden, or Terrarium please indicate your child's selection below.

Wednesday 23rd Please select ONE option ONLY

Fairy Garden
Dino Garden
Terrarium

WOOSHC EXCURSION T-SHIRTS

All children attending WOOSHC on an Excursion Day MUST wear a WOOSHC Excursion T-Shirt. Can you please indicate if you need an Excursion T-Shirt and if so what size please?

DOES YOUR CHILD REQUIRE A WOOSHC EXCURSION T-SHIRT?

YES
NO

SIZE OF WOOSHC T- SHIRT (if required)

Photographic Consent

Do you give permission for photographs of your child to appear in promotional publications and/or media

Yes.
No

Booking Terms and Conditions/ Declaration

Booking Terms and Conditions/ Declaration

I hereby give consent for the participant(s) named above to attend the prescribed activities. I acknowledge that during participation in the activities my child(ren) will be exposed to the obvious risks associated with such activities.

I have read and understood the booking information and am aware if there are any questions to contact the Vacation Care Coordinator via email.

I authorise WOOSHC Vacation Care staff, in the event of any accident or illness involving my child(ren), to obtain such medical assistance as they believe may be required and agree to meet all expenses thereby incurred.

I understand that there are no cancellations, refunds, credits or transfers once my booking has been processed, unless a medical certificate is supplied within one week of the absent days.

I give permission for my child(ren) to attend any excursions programmed on the days they are enrolled which will include travel by chartered bus to the excursion venue.

I also acknowledge that G and PG rated movies may be shown during the holiday period.

I declare that the information I have provided on this form is correct and to the best of my knowledge.

I agree

I have read, understood, and accept the booking terms and conditions.

Once you submit your application, an email will be sent to confirm your days requested. Bookings are not confirmed without an email reply.

Thank you!

SUMMER HOLIDAYS 2019 VACATION CARE PROGRAM

Mon 14 th January	Tues 15 th January	Wed 16 th January	Thurs 17 th January
INCURSION	INCURSION	EXCURSION	IN CENTRE
WELCOME TO SUMMER Join us for Summer Fun Get ready to get wet with water play and water games. Mega Water and Slip and Slide for the children to enjoy. Don't forget your swimmers, towel and change of clothes. 	DOWN BY THE BEACH Let's explore the Sea Creatures found in the Rockpool. With a visit form some real sea creatures. Create a beach patchwork to be put on display. Enjoy beach craft and making your own little reef. https://www.fundayout.com.au/activities/rockpool-adventures	MONKEY BAA THEATRE-ICKYPEDIA Have you ever heard of Udderpants? Come along on our First excursion to the Monkey Baa Theatre to see the show Ickypedia? We will also enjoy play at the Darling Quarter and Tumbalong Park. https://www.monkeybaa.com.au/shows/ickypedia/	SUMMER SPORTS DAY Bring your Bat and your Ball and get ready for some Summer Sports. Cricket, Touch Footy, Bocce. Have fun in the sun playing sports of all sorts, maybe even join in the thumb wrestling competition.
COST: \$70.00	COST: \$70.00	COST: \$75.00	COST: \$55.00
WHAT TO BRING: SWIMMERS, TOWEL, CHANGE OF CLOTHES, Morning Tea, Lunch, Drink Bottle, Hat, Enclosed Shoes	WHAT TO BRING: Morning Tea, Lunch, Drink Bottle, Hat, Enclosed Shoes	WHAT TO BRING: WOOSHC EXCURSION T-SHIRT, Morning Tea, Lunch, Drink Bottle, Hat, Enclosed Shoes	WHAT TO BRING: Morning Tea, Lunch, Drink Bottle, Hat, Enclosed Shoes

Mon 21 st January	Tues 22 nd January	Wed 23 rd January	Thurs 24 th January
INCURSION	EXCURSION	IN CENTRE	INCURSION
ARE YOU READY TO FLY Today children will be given the opportunity to program drones and fly them through an obstacle course. Make Paper Planes, Straw mazes, Kites and more. http://www.supercody.com.au/mobile/super-crash-course-workshop.html	NINJAS We are off to Moving Bodies to test out and develop our Ninja Warrior skills. Can you make it up the Warped Wall? Decorate your own Ninja Headband. In the afternoon- sushi making, origami animals and stars. https://www.movingbodies.com.au/sydney-ninja-course/	WHAT'S IN THE GARDEN? Do you have a Green Thumb? Would you Like to make your own Fairy Garden, Dino Garden, Terrarium or Plant your own Seedling? Enjoy some time outside making our own gardens as well as checking on the WOOSHC gardens. \$5 Fee for Take Home Garden of choice please see Booking Information	AUSTRALIA DAY PARTY Get ready to Party as we finish off the holidays with an Australia Day Party. Games such as thong throwing, Frisbee, beach games. BBQ lunch and Dance the afternoon away with Bop Till You Drop. http://www.boptillyou.drop.com.au/home/vacation-care-disco/
COST: \$70.00	COST: \$75.00	COST: \$60.00	COST: \$70.00
WHAT TO BRING: Morning Tea, Lunch, Drink Bottle, Hat, Enclosed Shoes	WHAT TO BRING: WOOSHC EXCURSION T-SHIRT, Morning Tea, Lunch, Drink Bottle, Hat, Enclosed Shoes	WHAT TO BRING: Morning Tea, Lunch, Drink Bottle, Hat, Enclosed Shoes	WHAT TO BRING: Morning Tea, Drink Bottle, Hat, Enclosed Shoes BBQ LUNCH PROVIDED



Canteen News

Pizza Thursday

Don't forget our homemade pizzas are available every Thursday lunchtime and are proving very popular.

Choose from Cheese (\$3), Ham and Cheese, Ham and Pineapple or Ham and Cheese (\$3.50).



We will be offering a special Christmas sushi lunch pack on Presentation Day this year (December 7th). Further details to follow shortly.



FOLLOW US ON FACEBOOK TO STAY UP TO DATE

WWW.FACEBOOK.COM/CAFE4KIDS

Survey Time!

A survey will be carried out shortly of both our children and parents to let us know what everyone would like to see on the menu next term.

Your canteen - Your choice

Beautiful Berowra

PHOTO COMPETITION

03.



Please vote for for this fantastic photo taken by Darcy E from 1S

**Voting
closes
Monday
26th
November**

Next time you are at Berowra Village please take a moment to vote in the Beautiful Berowra Photo Competition. You will find the voting area as soon as you walk in the doors. Darcy's photo is number 3 in the student section. If Darcy is lucky enough to be chosen as the winner or runner up not only will he win a fantastic prize but our school will also get a cash prize! Just for voting you could win a \$30 gift card.



DO YOU NEED HELP THIS CHRISTMAS?

IF YOU NEED ASSISTANCE WITH
TOYS OR A HAMPER FOR YOUR
FAMILY THIS CHRISTMAS
PLEASE CALL

HORNSBY SALVATION ARMY
ON **02 9477 1133**

OR CALL IN AND SEE US AT
29 BURDETT STREET
TO ARRANGE AN APPOINTMENT

