



Wideview Public School

Learn Wisely Live Proudly

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Messages from Our Principal

Leadership Speeches

I would like to congratulate the 28 students who presented their speeches to Year 2 - Year 6 students and staff yesterday. They spoke with passion about the leadership role but more importantly they all showed their caring and nurturing side. Congratulations to each and every one of you.

It is always a disappointing time for some students who may not be successful in obtaining a position on the school leadership team. We ask parents to encourage their children to be resilient and to trust that the school offers leadership opportunities to all of our senior students.

Class Requests for 2020

All requests close this Friday 8 November, 2019. Please be aware that while we welcome your feedback, the school staff will ultimately decide where each and every student is placed in the school based on parental information, health care plans, teacher observations, academic & behavioural data and finally the availability of teaching spaces. Thank you to those families who have already taken the opportunity to reinforce the school's shared understanding around your child's individual learning needs.

Application for Year 7 selective high school placement in 2021

Important information:

- Applications for Year 7 entry to selective high schools in 2021 must be made online between 8 October 2019 and 11 November 2019. Late applications will not be accepted.
- All applicants are required to sit the Selective High School Placement Test to be held on Thursday 12 March 2020.
- Please complete the 'Intention to apply' note attached and return this to the office. Please note this is not the application.
- Parents must apply online at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>

Moving House? Leaving School?

As the school year draws to a close and as we start preparations for 2020, it is vitally important that we know who will be returning to Wideview in 2020...and who will not. If you have, or are considering moving house, and changing schools in 2020, we would love to hear from you. Please let us know at your earliest convenience if you plan on changing schools in 2020.

Help kids manage worries and have a successful start to the school year

The start of the new school year is exciting for most kids. But it also prompts a spike in anxiety: Even kids who are usually pretty easy-going get butterflies, and kids prone to anxiety get clingier and more nervous than usual. Parents feel the pain too, having to talk a panicked child out of the car at school can be a real test of your diplomatic skills.

Kids who normally have a little trouble separating from mom and dad will see their anxiety peak during times of stress or transition. The start of school may be especially challenging for kids who are entering a transition year, going into kindergarten, into primary or high school. It can also be stressful if there's a change in your child's social support system — maybe a good friend has moved, or has a different teacher this year. For most kids the new-school-year worries will fade and the anxious behaviours will be transient. The goal for parents is to be supportive without exacerbating your child's worries. Here are tips for helping nervous kids have a successful transition back to school.

Take your own temperature

For parents, the start of the year can be anxiety inducing, too, according to psychologists. The pressure's on you to reinstate routines after the summer break and arrange for new activities and schedules. Dr. Michael Carr-Gregg recommends taking your own temperature to make sure you're not passing on stress to your kids. And to enable you to manage your own stress, he says, it's important not to take on more after school commitments than the family can handle comfortably

Listen to worries

When kids express anxiety about going back to school — a new teacher, making a team, a friend crisis — do listen seriously.

Rather than dismissing these fears (Nothing to be worried about! You'll be fine!)- listening to them and acknowledging your child's feelings will help them feel more secure. And if they want to, you can bolster their confidence by helping them strategize about how to handle things their concerned about. Keep in mind that kids often want to be able to talk about something they're upset about without expecting you to fix them. Your job is to validate their feelings (I know that's hard) and demonstrate confidence that they can handle the situation. Don't ask questions that suggest you expect kids to be anxious (Are you worried about having Mr. or Mrs?) but check in with them in a more casual way. It doesn't have to be a half-hour discussion, but in the car on the way to the supermarket, you might ask "Do you know what you're going to be learning in math this year?" Kids often say more when there is less pressure to have a talk.

When separation problems persist

Leaving a child who is crying or whining at school is a tough thing for any parent to do. Most kids are pretty resilient and we don't want to underestimate their ability to cope. Most kids recover quickly once

mom or dad leaves.

If your child's teacher reports that they bounce back and participate enthusiastically in activities during the day, the best way to help them get more confident about separating from you is not worrying too much about their complaints. It's not being a bad parent to ignore a little bit of whining or reluctance according to Michael Grose. It will actually help a child move beyond it if you give more attention to things that you do want to see them do. You want to give specific praise for brave behaviour. For example, remind them you will be back to get them and tell them things like, "Great job coming to school today. When I pick you up I hope you'll tell me something fun you did."

The way we as adults interact and react is so important: a little bit of active ignoring, a little bit of positive attention and a lot of encouragement are according Michael Grose have positive effects. If kids continue to have full-blown separation problems, and fears that something bad will happen to their parents interfere with their ability to function in school, they should be evaluated by a mental health professional.

Stomach aches and headaches

Anxiety about school sometimes takes the form of headaches and stomachaches in the morning that kids say make them too sick to go to school. If your child develops a pattern of these symptoms, it's important to get your child checked out by a pediatrician; you don't want to overlook a medical problem. But if the pattern persists, going to school may be the problem.

The most important thing a parent can do when kids resist going is to continue sending them to school anyway. This may be difficult, but if we allow children to avoid situations that make them anxious, we can inadvertently reinforce that those situations are indeed dangerous or scary.

When stomachaches and headaches and other reasons not to go to school — or to go late or leave early — become persistent, a child may have developed what's called school refusal.

Everyone resists going to school once in a while, but school refusal is an extreme pattern of avoiding school that causes real problems for a child. Dr Michael Carr-Gregg recommends if a child's resistance to school is overwhelming and prolonged, they should be evaluated by a mental health professional, and it's good to proactive rather than waiting months for it to pass. Unfortunately, the longer a child misses school, the harder it is to get back in the routine, Dr. Carr-Gregg notes, because being absent reinforces the anxiety that is keeping them away.

Kim McTernan, Principal

UNSW ICAS Assessments

Congratulations to the 36 students who participated in the University of NSW ICAS Assessments for 2019. Our students were awarded the following certificates and will be presented at assembly in coming weeks.

Digital Technologies: 1 High Distinction, 2 Credits, 1 Merit and 9 Participation certificates.

English: 1 High Distinction, 2 Distinctions, 5 Credits and 6 Participation certificates.

Mathematics: 2 High Distinctions, 2 Distinctions, 3 Credits, 6 Merits and 13 Participation certificates.

Science: 2 High Distinctions, 2 Distinctions, 7 Credits, 1 Merit and 4 Participation certificates.

Spelling: 1 High Distinction, 4 Distinctions, 4 Credits, 2 Merits and 8 Participation certificates.

Writing: 6 Distinctions, 3 Credits, 1 Merit and 3 Participation certificates.

Kindergarten 2020 Orientation Night

Our Kindergarten 2020 Orientation Night is on Wednesday 20 November in the Kindergarten rooms. It will begin at 6:30pm and go for approximately one hour.

You will hear about:

Arrangements for Kindergarten 2020 enrolment & Best Start

The Kindergarten Curriculum

Items which will be required to be brought in for Kindergarten

School Readiness

Wideview's P & C

Wideview's Out of School Hours Care (WOOSHC)

School Uniform

Showcase Tickets on sale now!

Tickets are non-refundable apart from where people have broken the 3 ticket rule where the last ticket(s) purchased will be refunded. There is to be no messaging the P&C Facebook page or the Ticket Coordinator asking for favours of refunding tickets because you found better ones. Because so many people have gone outside the rules this year, we will have to make things stricter next year. From today (Thursday) no tickets will be refunded due to change of mind or otherwise.

Tickets are available through TryBooking.—WPS Showcase 2019

Link and event code is <https://www.trybooking.com/book/event?eid=553861&>

The name of your eldest child and class is required.

How many tickets per family?

Each family is able to purchase **3 tickets in total**. For example, you may wish to purchase 1x Matinee and 2x Twilight tickets. Separated families may purchase 3 tickets per household. Tickets purchased over this amount will be refunded and therefore cancelled without consultation. Having other family members purchase for you is not acceptable.

When booking seats please try not to leave single vacant seats. No prams will be allowed into the hall so you will need to book a seat for your child or have them sit on your lap. **Children sitting on laps will need to do so quietly for the duration of the show. They will not be able to sit on the floor at the front or in the aisles.**

How much are the tickets?

Matinee—\$5

Twilight and Evening—\$10 with first two rows \$20 per ticket.

A small booking fee applies through the company

When do EXTRA tickets go on sale?

Monday 18 November (if not sold out prior). In this 2nd round you will be able to purchase **2 tickets in total**.

SHOWCASE CONCERT DATES

Wednesday 11 December 11:30am

Wednesday 11 December 5:30pm

Thursday 12 December 7:00pm

Band tryout day Thursday, 14 November.

If your child is in Year 2, Pippi Eisner, the band conductor, will be visiting your child's classroom with an array of instruments which will be demonstrated to the children, then they will all get a chance to have a go at playing them. They will come home with an information pack with all the information about joining the band, instrument hire, tutors, etc. If you would like your child to join the band, please encourage them to have a go at the instruments. It's a super fun, and loud morning!!

Years 3 to 5, Pippi will be in Mr Harpurs classroom at lunchtime on the same Thursday, if you older child would also like to join the band!



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 3 2019 | | |
|---------------------------|------------|--|
| November | | |
| Friday | 8 | Remembrance Day assembly |
| Tuesday, Thursday, Friday | 12, 14, 15 | Week 4 Kinderlinks Sessions |
| Monday-Tuesday | 11-12 | Stage 2 Vision Valley Camp |
| Wednesday | 20 | Kindergarten 2020 Orientation Night 6.30pm |

Merit Awards

| | | | | | |
|-------------|--|------------|---------------------|------------|---------------------|
| KH | Cameron R, Isabelle P | KGM | Maddie S, Jimmy W | KS | Addison P, Darcy T |
| 1D | Leila B, Joey D | 1S | Anna M, Georgia D | 1L | Harry K, Georgia D |
| 2F | Zalia W, Zara C | 2C | Bentley B, Bailey B | 3C | Taylah S, Lucinda S |
| 3H | Talia R, Sienna G | 4AF | Emir M, Heidi B | 4LM | Indi P, Lucy D |
| 4/5C | Jasmine TJ, Keesha N, Chiara T, Olivia M | 5J | Dakota B, Priya S | 6T | Cody M, Chloe B |
| 6H | Abigail S, Arianna B | | | | |

Date: 1 Nov 2019

Mini-Fete

Year 6 Mini-Fete 2019 was a wonderful afternoon—thoroughly enjoyed by all who attended. On behalf of year 6, we'd like to say a big thank you to the teachers and parent volunteers who helped the day run so smoothly.





Asquith Girls High School

YEAR 5 HIGH SCHOOL EXPERIENCE DAY



 **Thursday**
21 November
8.30am
to
2.30pm

- Participate in inspiring and innovative activities 
- Experience the diverse and positive opportunities offered at Asquith Girls High School

BOOK DIRECT

<https://forms.gle/XNYh6pUr7aKt9ft78>

Or see our website for further details and a link direct to our booking page

www.asquithgir-h.schools@nsw.gov.au

Registrations close at 9.00am on Wednesday 13 November 2019

If you would like further information please contact Ms Cheryl Key either via email

[asquithgir-h.school@](mailto:asquithgir-h.school@det.nsw.edu.au)

det.nsw.edu.au

or telephone

9477 6411

THE SALAD SANDWICH BAR

(lunch orders only)

THE CLASSICS

| | |
|---|---------|
| ✓ Vegemite sandwich | \$ 1.50 |
| ✓ Cheese Toastie | \$ 2.00 |
| ✓ Ham & Cheese Toastie | \$ 3.00 |
| ✓ Cheese Quesadilla | \$ 2.50 |
| ✓ Ham & Cheese Quesadilla | \$ 3.50 |
| ✓ Cheese Burger classic beef pattie, cheese, tomato sauce | \$ 4.00 |

OR BUILD YOUR OWN CREATION

1. choose your style

| | |
|---------------------------|---------|
| ✓ Whlml sandwich | \$ 1.50 |
| ✓ Whlml roll or soft wrap | \$ 2.00 |
| ✓ Gluten free sandwich GF | \$ 2.00 |
| ✓ Salad Box | \$ 0.50 |

2. choose your protein

| | |
|---------------------------|---------|
| ✓ Lean Beef Pattie | \$ 2.00 |
| ✓ Cheese / Ham GF | \$ 1.00 |
| ✓ Pulled Chicken / Tuna E | \$ 1.50 |

3. choose your salad

| | |
|--|---------|
| ✓ Carrot, Cucumber, Tomato, Pineapple, Corn, lettuce | \$ 0.50 |
|--|---------|

4. choose your extras

| | |
|--|---------|
| ✓ Mayonnaise / Tomato / BBQ / Sweet Chilli Sauce | \$ 0.40 |
| ✓ Margarine | \$ 0.20 |
| ✓ Hummus | \$ 0.50 |
| ✓ Vegemite / Jam / Honey | \$ 0.20 |

5. Make it a toastie

free

HOT FOOD FOR LUNCH

(lunch orders only)

| | |
|--|---------|
| ✓ Bangers & Mash (with peas, corn & gravy) GF, E | \$ 5.00 |
| ✓ Butter Chicken (served with rice) GF, E | \$ 5.00 |
| ✓ Singapore Noodles GF, D, E, V | \$ 4.00 |
| ✓ Mac and Cheese V | \$ 4.00 |
| ✓ Beef Lasagne | \$ 5.00 |
| ✓ Twista Pasta (with bolognese sauce) GF, D, E, V | \$ 5.00 |
| Nachos - Vegetarian (add sourcream 50c) GF, E, V | \$ 4.00 |
| Chicken Nuggets - 3 pack (egg free option available) | \$ 2.50 |
| Chicken Nuggets - 6 pack (egg free option available) | \$ 5.00 |
| Fish Finger - each E | \$ 1.00 |
| Sausage roll (lean) | \$ 3.30 |
| Traveller Mini Lite Beef Pies (2 pack) | \$ 3.50 |
| ✓ Hot Pizza Roll (cheese, pizza sauce) E, V | \$ 3.50 |
| ✓ Hot Chicken roll (chicken, cheese, bbq sauce) E | \$ 4.00 |
| ✓ Corn on the cob GF, D, E, V | \$ 1.00 |
| ✓ Hash Brown GF, D, E, V | \$ 1.00 |
| Garlic Bread (5 inch baked roll) | \$ 2.00 |

SNACKS

(recess & lunch)

| | |
|---|---------|
| ✓ Apple slinky GF, D, E, V | \$ 1.00 |
| ✓ Vegie sticks (carrot, celery, cucumber, snow peas, mixed) GF, D, E, V | \$ 1.00 |
| ✓ Anzac slice (baked by us) E, V | \$ 0.50 |
| ✓ Cheese stick (tasty) GF, V | \$ 1.00 |
| ✓ Custard Pot - vanilla V | \$ 1.00 |
| ✓ Custard Pot - choc milky max V | \$ 1.00 |
| ✓ Fruit Toast V | \$ 1.00 |
| ✓ Gingerbread Man GF, V | \$ 2.00 |
| ✓ Hash Brown GF, D, E, V | \$ 1.00 |
| ✓ Hummus Tub GF, D, V | \$ 0.50 |
| ✓ Mini Pizza - made by us (recess only) V | \$ 0.50 |
| ✓ Orange Quarters (4) V | \$ 1.00 |
| ✓ Popcorn Cup - made by us (recess only) GF, D, V, E | \$ 1.00 |
| Popcorn - Koala Sweet & Salty | \$ 1.50 |
| Red Rock Chips (sea salt or honey soy chicken) | \$ 1.50 |
| ✓ Raspberry fruit jelly cups GF, D, E, V | \$ 0.50 |
| ✓ Rice Crackers (10) GF, D, E, V | \$ 0.50 |

PIZZA WEDNESDAY

(lunch orders only)

fresh 5 inch pizza made-in-house on the day

| | |
|---|---------|
| ✓ Cheese - cheese, oregano, tomato sauce V, E | \$ 3.00 |
| ✓ Magherita Pizza - cheese, tomato, oregano, tomato saw E | \$ 3.50 |
| ✓ Ham & Cheese - cheese, ham, oregano, tomato sauce E | \$ 4.00 |
| ✓ Hawaian - ham, pineapple, cheese, tomato sauce E | \$ 4.00 |

SUSHI THURSDAYS

order by 10 am Wednesday

| | |
|--|---------|
| ✓ Rolls - Teriyaki Chicken, Tuna, Avocado & Cucumber D | \$ 3.50 |
| ✓ or Crispy Chicken | |
| ✓ Mini Sushi - Tuna, Avocado, or Cucumber | \$ 3.50 |
| ✓ or Crispy Chicken | |

DRINKS

(recess & lunch)

| | |
|--|---------|
| ✓ Bottled water GF, D, E, V | \$ 1.00 |
| ✓ Juice (apple, apple blackcurrant) GF, D, E, V | \$ 1.50 |
| ✓ Chill Sparkling Juice Grape, Orange Passio Raspberry, Watermelon GF, D, E, V | \$ 2.00 |
| ✓ Sparkling Fruit Juice Apple, Tropical GF, D, E, V | \$ 2.00 |
| ✓ Chill Aloe Water - 500ml grape, peach GF, D, E, V | \$ 2.50 |
| ✓ Flavoured Milk (Strawberry, choc) GF, E | \$ 2.00 |

COLD TREATS

(recess & lunch)

| | |
|---|---------|
| ✓ Crystals E, V | \$ 0.20 |
| ✓ Frozen Juice cups (apple blackcurrant) D, E, V | \$ 0.50 |
| ✓ Iced Mony (lemon, chocolate, TNT Sour Rasp) E | \$ 0.60 |
| ✓ Juicies tubes (orange, Wildberry) GF, D, E, V | \$ 1.00 |
| ✓ Frozen Orange quarters GF, D, E, V | \$ 1.00 |
| ✓ Frozen Pineapple GF, D, E, V | \$ 0.50 |
| ✓ Snapstix (100% juice, grape, pineapple) GF, D, E, V | \$ 1.00 |
| Vanilla Icecream Cup GF, E, V | \$ 1.00 |
| Calipo | \$ 1.00 |
| Chocolate Shaky Shake | \$ 2.00 |
| Icy Twist | \$ 1.00 |
| Moosies (chocolate, Blue moon, Strawberry) GF, E, V | \$ 1.00 |

✓ = everyday healthier options

GF = Gluten Free, D = Dairy Free, E = Egg Free, V = Vegetarian

We are a nut free, mango free canteen

