PRIMARY NEWS
TERM 3, WEEK 9

Father’s Day Breakfast
Thank you to all those Dads, Grandfathers and Carers that were able to attend our Father’s Day breakfast. We had an excellent turn out this year! We would also like to say thank you to the others that were unable to come for the important part they play in our students’ lives.

Discos
Our 4-6 disco last week was a great success. This week is the K-3 disco so don’t forget to buy your tickets!
When: Wednesday September 11th
Where: Primary Hall
Time: 4.45-6.15pm
Cost: $5 per student or $10 per family (3 or more students)

Parent Social
Whilst the K-3 disco is on the first Parent/Carer Social will be held in our Year 6 room. Please come along to enjoy a break, a coffee/tea, and meet some of the other WCS parents!

Choral Festival
Last week we had 19 students participate in the Choral Festival at Mingara. These students have been rehearsing all year for this event and did a fantastic job representing our school. This was very well supported by parents and others commented on the excellent behaviour of our students.

Zone athletics
This year we had 20 students representing our school at the Zone Athletics Carnival. We now have 5 students that will be moving on to represent us at Homebush:
Asenaca Leweniqila
Paige Godina
Xavier O’Donoghue
Liam Partridge
Thomas Burgstaller
Yr 6 Cake Competition
Mrs MacDonald organised our first Year 6 Cake Competition. Students were asked to decorate a cake based on their favourite book. We had many very creative entries! This year our winners are:

1st - Zephryn Purins
2nd - Bella Miller
3rd - Leilani Handforth

Crossing Safety
Again, we would like to ask that adults model safe crossing of our roads. We have 2 crossings that are easily accessible yet many parents are choosing not to use them. This causes us great concern as it is putting our students at risk and forming unsafe habits.

Walkathon
Thank you to everyone who participated in the walk-a-thon on Friday 2nd August. We raised over $1,600, which was a fabulous effort! Children’s prizes have now been delivered and ready to be taken home.

Cake Day
$228 was raised from the Cake Day held on Wednesday 15th August. Thank you for supporting the cake day!

Fathers’ Day Stall
$255 was raised from this year’s Fathers’ Day Stall. We hope all our Fathers, Grandfathers and Carers enjoyed their gifts.

Dates to Remember

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<tr>
<th>Event</th>
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<tr>
<td>Regional Athletics</td>
<td>9th Sept</td>
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<td>Stage 2 excursion</td>
<td>9th Sept</td>
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<td>Spelling Bee final</td>
<td>11th Sept</td>
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<td>K-3 Disco</td>
<td>11th Sept</td>
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<td>Parent/carer Social Night</td>
<td>11th Sept</td>
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<td>KSK Assembly</td>
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Ms Roxanne Sanday
Relieving Deputy Principal
Social and Emotional Learning

It’s a fact that children can be taught how to cope with their emotions, to bounce back from problems, and to develop positive relationships – this is called ‘social and emotional learning’.

It’s also a fact that a child’s family is the first and biggest influence on their mental health. Basically, families can teach children these skills as early as possible in life – even from when they’re babies!

How to build your child’s resilience

Children are much more likely to bounce back from a negative experience if they already have the building blocks in place to help them cope.

Research shows children are more likely to develop coping skills if they: trust that the world is safe and caring people will help them; believe in their ability to do things for themselves; feel valued for who they are; feel optimistic; and can manage their feelings, thoughts and behaviours.

Try these strategies to help bolster your child’s ability to deal with emotionally-trying situations:

- Arrange a fun child-friendly activity each week like a trip to the park, play date with a friend or watching a favourite movie. Regular ‘ups’ provide a bank of positive emotions to buffer against life’s ‘downs’ that may involve disappointment or conflict.

- Help your kids to think positively. If your child is frustrated by a difficult puzzle, say, "I know that puzzle was hard today, but yesterday I saw you get a hard puzzle out. You kept trying until you found the right place to put the pieces."

- If you have a disagreement with your child, the most important thing to do is to reconnect and repair the relationship. Let your little one cool down then offer a hug or words of support. This has benefits for your child’s mental health as well as their ability to deal with relationship problems as they get older.