



SOARING HIGH ON THE WINGS OF SUCCESS

Dear Parents, Carers and Community,

Last week I attended the Primary Principal Association conference in Sydney and heard from many keynote speakers about leadership and enabling our students of the future to live successful and fulfilled lives. I listened to many inspirational speakers who spoke of overcoming some incredible adversities but the two presentations that resonated with me most as a Principal and a parent focused on the internet and foods in our diet. This fortnight I would like to share with everyone some take away messages from the Unplugged Psychologist (www.unpluggedpsychologist.com) which complement the ESafety words and flyers I have been sharing with you of late around supporting our children with their online presence and internet use. The Unplugged Psychologist refers to it as having a healthy tech diet and summarises his advice in the below 6 points;

- 1) Control the wi-fi – reframe the internet as a reward, not a right, turn the internet connection on and off,
- 2) Avoid the argument – taking a device from a child creates conflict, use internet connection on and off in point 1 to control access,
- 3) Negotiate a schedule – school nights, weekends and holidays may all look

different,

4) Always read the fine print – the time you negotiate in the schedule includes time for homework and assignments,

5) Name your price – have a plan that is agreed on by all, no matter how heated things get over online access, agree to wake up tomorrow and start again,

6) Minimise mobile data – use the Screen Time feature on the phone to disable features and apps at certain times.

As a community of learners I will be sharing these ideas with our P&C on Thursday night to see how we can further support each other as a community to develop a 'healthy tech diet'.

A big thanks to all who attended our Grandfriend's afternoon tea and our P&C Halloween disco last week. Both events were overwhelmingly supported by our community and I know the children all thoroughly loved participating and sharing their school with you. Our stage 3 students are currently enjoying their Great Aussie Bush Camp adventure, check out the photos on Face Book- they are certainly enjoying themselves!

Have a great fortnight Wirifamily.

Kind regards, Emma Stothard



We acknowledge and pay our respects to the elders, both past and present who have walked this land before us and now walk alongside us. We honour their totem Biraban the Eagle Hawk and his little brother Wiripaang which our school is named after.

UPCOMING DATES

Term 4

- Mon 4th—6th November—Stage 3 Great Aussie Bush Camp
- Thurs 7th November P&C Meeting 6pm in the Library
- Tues 19th November—Kindy Expo
- Mon 25th November—Year 6 fun day
- Tues 26th November—Kinder orientation 1
- Tues 3rd December—Kinder orientation 2
- Thurs 5th December—P&C Meeting 6pm in the Library
- Tues 10th December—Kinder orientation 3
- Wed 11th December—Presentation Day
- Thurs 12th December—Year 6 Farewell
- Fri 13th December— Soaring High Day
- Tues 17th December—Carols under the COLA
- Wed 18th December—Last day of Term 4 & Year 6 clap out.

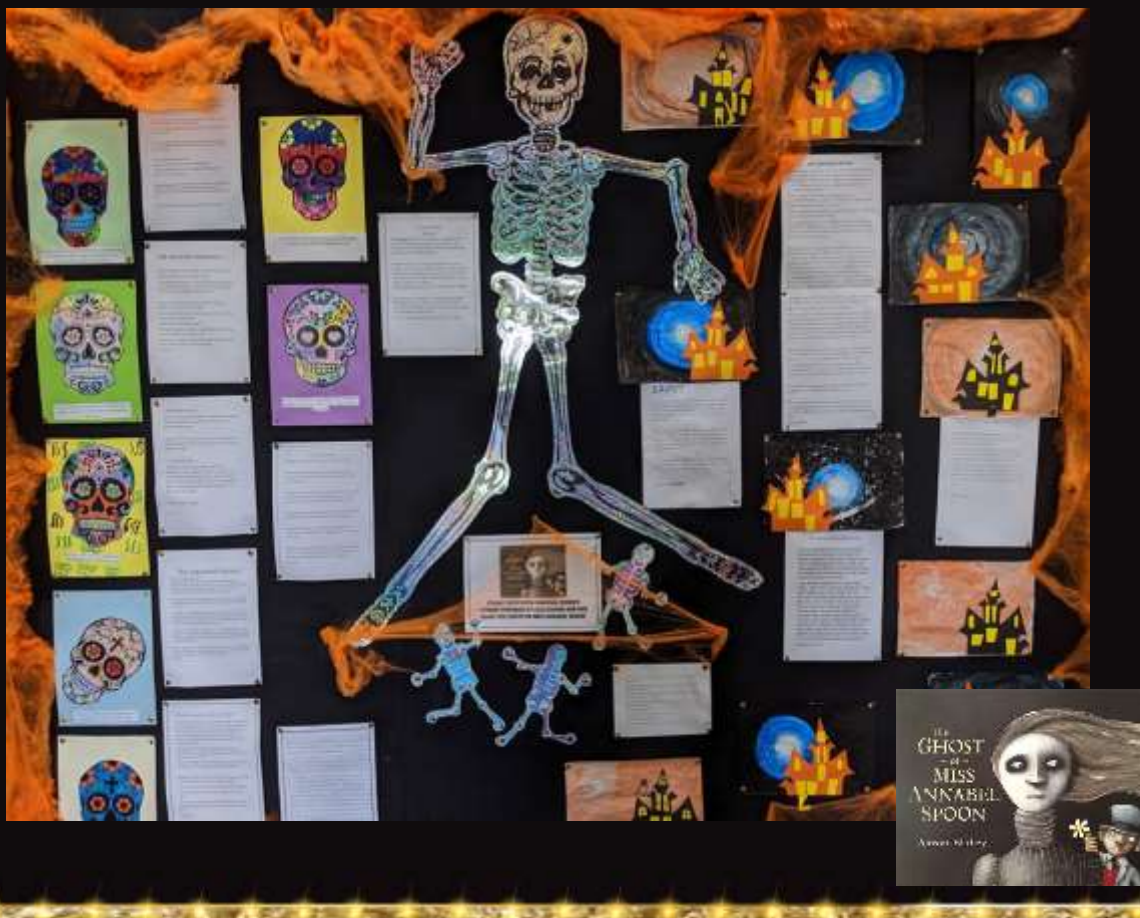


THIS WEEK'S WIRIPAANG WONDERS

3/4M

3/4S

Stage 2 students have been writing Haunted House stories. After reading the spooky story "The Ghost of Miss Annabel Spoon" and learning about the traditions of Halloween and the Day of the Dead, we wrote our own spooky stories. Students enjoyed creating suspense in their writing while imagining spending a night in a haunted house





**JUST
TURN UP**
MISSING SCHOOL MEANS MISSING OUT.

An initiative of the Warringah Community of Schools



Wiri Awards



Banjo H
Jayce H
Ruby D
Noah H
Tayah R
Anna H
Jake N
Tyson W
Mason H

Emily J
Indi W
Elizabeth B
Tigal H
Lateisha B
Jaxson S
Lincoln J
Jayden S
Kirra H

Calista B
Ahmaiah A
Sophie E
Rishab C
Max C
Caiden M
Evan G
Damian G

Lachlan P
Ileisha G
Izayah L
Flame S
Henry N
Boston M
Conner N
Shannon B

Zoe M
Benjamin V
Tiarna M
Nate W
Shayah D
Heidi R
Toby H
One'Eva N

Our P&C Disco was super. Thanks to all who attended and got into the spirit of Halloween. Thanks DJ Pfeiffer for the music and moves!.



We love our Grandfriend's! Thanks for sharing our afternoon at school with us.





Going to Big School

Orientation sessions for Kindergarten 2020

Kinder 2020 Information Expo	<p>Tuesday 19th of November 2:00 – 2.55pm Parents will meet school representatives and receive relevant information regarding your child starting school. Additional information is on the Kindergarten Transition Information Expo flyer. This is a fun, hands on expo with lucky door prizes. Please join us for afternoon tea!</p>
Visit 1	<p>Tuesday 26th November 2019 9:30 – 11:30am Students working in literacy groups in the Kindergarten classrooms. Students will need to bring: A piece of fruit for fruit break, a hat and a drink of water. <i>For those children who attend Wonnai, this Kindergarten Orientation session will operate within the usual Wonnai day.</i></p>
Visit 2	<p>Tuesday 3rd December 2019 9:30 – 11:30am Students will be working on a range of mathematics activities in the Kindergarten classrooms. Students need to bring: A piece of fruit for fruit break, lunch, a hat and a drink of water. <i>For those children who attend Wonnai, this Kindergarten Orientation session will operate within the usual Wonnai day.</i></p>
Visit 3 and Wonnai Graduation	<p>Tuesday 10th December 2019 9:30 – 11:30am Students will be creating crafty artworks with their buddies in the Kindergarten classrooms. Students need to bring: A piece of fruit for fruit break, lunch, a hat and a drink of water. <i>For those children who attend Wonnai, this Kindergarten Orientation session will operate within the usual Wonnai day.</i></p> <p>Wonnai Graduation 12:00 – 12:45pm Parents are invited to the Wonnai Graduation involving a student performance and presentation of portfolios and certificates. Final Wonnai day of the year.</p>



P&C News

- P&C Meeting Thursday 7th November at 6pm in the Library, bring the kids along we don't mind, but if you still can't make it but would still love to be involved in the P&C your child's school community just let us know how we can do better to help you achieve this.
- Volunteers are needed to help support our Bunnings BBQ on 17th November, if you can help for any part of the day it would be appreciated.
- We are asking for donations for our Christmas raffle, there will be a basket in the office for you to leave your donations. Raffle tickets sent home today on red paper.



Coming up this term

7/11/2019— P&C Meeting @ 6pm in the Library kids are welcome

17/11/2019—Bunnings BBQ (helpers needed)

19/11/2019—Kindy Expo @ 2pm

Community Announcements

ATUKA NETBALL CLUB

Registration days will be as follows at the clubhouse in Windale:

Saturday 14th December 2019 9am to 12pm

Saturday 18th January 2020 9am to 12pm

Saturday 15th February 2020 9am to 12pm

Final Registration Fees need to be finalised by Thursday the 5th March 2020

You can also order and pay uniforms off and paid in full by 31st January 2020





PCYC Lake Macquarie Gymnastics Room & Facility Upgrade

Date:
Wednesday 13th November, 2019

Time:
12:00pm - 1:00pm

Location:
PCYC Lake Macquarie
2B Lake St Windale

Contact Martin on 0421 611 449 for more details.



Good for Kids good for life

TURN OFF SCREENS AND GET ACTIVE!

Screens can be great for learning, play and communication, but too much screen time can be unhealthy. Try to sit less and move more.

How can parents help?

- Ensure kids have at least one hour of physical activity a day.
- Limit kids total screen time to less than 2 hours per day.
- Remove TV sets and computers from your child's bedroom.
- Encourage other types of fun that include both physical and social activities, like walking the dog or joining a sports team.



Source: Make Healthy Normal and the 24-hour Movement Guidelines



id.LLHC:GoodforKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

GO4FUN[®] HEALTHY ACTIVE HAPPY KIDS

GO4FUN.COM.AU | 1800 780 900

WHERE: The Place Charlestown

WHAT: Play Active Games and Learn About Healthy Food!

WHEN: Wednesdays Term 4 2019

TIME: 4pm-6pm

It's FREE!

CALL 1800 780 900



eSafetyparents

Does your preschool child have access to connected devices?

81% of parents say their preschool child uses the internet.
37% think their child spends too much time online.¹

Being online at this age can offer your child opportunities to learn through exploration, play and social interaction. But there may also be some risks if your child uses connected devices without supervision or for extended periods of time.



This might include coming across harmful content, contact with strangers or missing out on physical activity.

Here are our tips for a safe and balanced online experience for your preschool child:

Set ground rules



Establish clear rules and be consistent

Be clear on things like when and where devices can be used and when they need to be switched off. A good time to switch off is during family dinner time and when your child is alone in a room.



Use a timer

Limit the amount of time your child spends online to ensure a good balance with physical activity. It can be easy to lose track of time, so setting a timer can help.



Resist any push back

Getting your child off a device can be hard and it can be tempting to give in to their demands. Sticking to the rules at this age will help instil good online habits for your child now and in the future.

¹Survey of 3,520 Australian parents of children aged 2-17



eSafetyCommissioner

esafety.gov.au/parents



Be involved



Get to know your child's toys and devices

Be aware of the capabilities that come with a device, app or internet connected toy. Check the device guide and look out for any built-in cameras, microphones, chat functions and location settings that are not needed and can be deactivated.



Supervise and explore together

It's easy for your child to explore through a touchscreen and accidentally access inappropriate content. Explore together and keep an eye on your child in case they come across something that might upset or confuse them.



Know what's good and what's not

There's a lot of content on offer for your child. Common Sense Media can help with independent, age-based and educational ratings and reviews for a range of content, including online games, apps and websites. (commonsensemedia.org/reviews)

Manage access



Bookmark the good stuff

Make a list of favourite sites and apps that are safe and that your child enjoys. Show them how to access these.



Block the nasty stuff

Use parental controls and safety features that are available on the device or through apps, web browsers and service providers. These can help block inappropriate content. However, keep in mind that tech tools can't block all the bad stuff—you still need to back it up with supervision. (esafety.gov.au/parental-controls)



Disable in-app purchases

Lots of apps feature additional payments for extra content. It can be easy for your child to accidentally rack up a big bill on your account. Restrict in-app purchases through settings in Google Play (Google Play > Settings > Require authentication for purchases) and on iPhones, iPads and iPod touch (Settings > General > Restrictions).

Support positively



Start the conversation

It's never too early to start talking about safe and respectful behaviour online. Help your child understand that what they say or do online is important.



Get other trusted adults on board

Teach your child that it's important they come to you or another trusted adult (such as an aunt, uncle, grandparent) if they are upset because of anything they see or experience online.



Know where to go for extra support

If your child is distressed because of anything they have seen online, then seek professional advice from your GP or Parentline (parentline.com.au) on 1300 30 1300. Raising Children Network (raisingchildren.net.au) can also help with a range of resources and information on development, learning and health at this age.



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WIRIPAANG PUBLIC SHOOOL P&C CHRISTMAS RAFFLE

Many prizes to be won. All donations greatly appreciated. Please sell your tickets cut up and return them to the office in an envelope by the 16/12/19. Will be drawn at the carols under the cola on the 17/12/19. Tickets \$1.00 each

Wiripaang p&c Christmas raffle	Wiripaang p&c Christmas raffle	Wiripaang p&c Christmas raffle	Wiripaang p&c Christmas raffle	Wiripaang p&c Christmas raffle
Name:	Name:	Name:	Name:	Name:
Class/ph no:	Class/ph no:	Class/ph no:	Class/ph no:	Class/ph no:
Wiripaang p&c Christmas raffle	Wiripaang p&c Christmas raffle	Wiripaang p&c Christmas raffle	Wiripaang p&c Christmas raffle	Wiripaang p&c Christmas raffle
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Class/ph no:	Class/ph no:	Class/ph no:	Class/ph no:	Class/ph no:
Wiripaang p&c Christmas raffle	Wiripaang p&c Christmas raffle	Wiripaang p&c Christmas raffle	Wiripaang p&c Christmas raffle	Wiripaang p&c Christmas raffle
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