



### PRINCIPAL'S REPORT

Welcome back for Term 3. What a beautiful start to the term we have had. All the students seem to be flourishing – Just like the countryside! The work that everyone is submitting is terrific, all students are really producing detailed work and displaying a working understanding of what they are learning! I am so proud of them all – So supervisors take a bow – well done everyone!

We are still on track for our Week 9 Workshops with the venue being Walgett. Keep an eye out for the EOI in Sway as we will need to confirm your accommodation needs. The school will cover the accommodation costs but ask all families to meet their own food needs during the workshops. A draft events Timetable will also be released soon.

Even though rain disrupted the schools planned Integration Days, it is very hard to be disappointed by the rain – I hope you all received rain and with luck we will have another wet weekend!

Once again thank you to all our students and supervisors for your outstanding contribution to our school and the amazing work you do everyday

**Kind Regards**

**Wendy Hay**

**Principal**



### DATES TO REMEMBER

**14<sup>th</sup> August** - Whole School Assembly  
**17<sup>th</sup> August** - Namoi Pop-Up Drama Day at Rowena

**21<sup>st</sup> August** - Integration Day Walgett  
**28<sup>th</sup> August** – Integration Day Bourke  
**4<sup>th</sup> Sept** – Integration day Walgett  
**15<sup>th</sup> – 17<sup>th</sup> Sept** – Whole School Workshop in Walgett

### STAFF NEWS



Ms Lee Fanning has joined the teaching staff at the Walgett Centre for the remainder of 2020. Ms Fanning has been working at Walgett Community College Primary School since 2019 and we welcome her to the staff.

### INFORMATION FOR PARENTS

#### **COVID 19 Sign In**

Directives from the Department are urging schools to be more vigilant with families and visitors to the schools, should contract tracing be necessary.

From Term 3 and for the foreseeable future, it is requested that you please sign in and out when you visit the school.

Should your visit be for a period greater than 15mins, there is another document which will need to be filled out as well.

#### **IT Help Desk**

The IT team are beginning their field operations again so Satellite installations, relocations and retrievals will recommence.

Their work load and service area is vast so there could still be some significant delays.

**IT Help Desk - 1800 338 737 or their new landline number is 58526215**

## Namoi Drama Day

The Namoi "Pop Up" Drama Day will be held on October the 14<sup>th</sup>

More information about this event is available in the Term 3 | Info - Families link in Morning Messages or by ringing the Walgett Centre. If you are interested in registering, please let the school know so a list can be compiled.

**Registration closes 17/8/20 (Monday Wk 5)**



Geographically isolated distance education families are eligible for the *School Drive Subsidy* enabling them to claim 2 trips a term (or 4 a Semester)

The on line application is made by the family, on the **Transport for NSW Website**.

The School Drive subsidy is a cents/kilometre contribution towards the cost of travelling in to your school. Your application is then linked to the school to 'validate' your attendance each semester and the money is paid directly to you

## BWSODE Website



The School website is another platform we use to showcase our school and where you can locate important information such as photos, newsletters, useful educational links and some

valuable resources supervisors can utilise in their school rooms.

<http://www.bwsode.schools.nsw.gov.au>

## CWA

**CWA BARWON GROUP SHORT STORY COMPETITION**

**THEME - What's Next**

Judged prior to Group Conference  
Entries to be submitted by September 30

**Marion Ward Junior Competition**  
Open to all children under 18 years

**Edith Gordon Cultural Trophy**  
Entries are only open to CWA members and must be written by the Member

Prizes for first place

Entries to be 500-1000 words and emailed to [maude.ian@telstra.com](mailto:maude.ian@telstra.com)

For enquiries please phone Maude H:0268290025 M:0429290025



## STUDENT NEWS

### Reconciliation Week



Gabe and Rafa receiving their prizes from the Walgett Shire Council's Reconciliation Week Art Competition

At the end of Term 1, Rafa and Gabe entered a "Reconciliation Art Competition" organised by the Walgett Shire, in collaboration with Mission Australia and the Walgett AMS.

Both students won their category and we congratulate them on their achievement.

### WriteOn

*WriteOn* is an annual NSW Writing Competition open to all primary students in Years 1 to 6 and it provides students with the opportunity to become published authors.



In the 2020 competition, students had to use this picture for inspiration, to write a short no more than 500 word, imaginative piece which could include: letters / poems / scripts for radio, screen and stage / interviews / journal entries / narratives.



Entries were judged on:

- Making connections to the stimulus image
- Engaging the audience in imaginative, interpretive, emotive and/or creative ways
- Maintaining a consistent structure appropriate for the type of text selected
- Using a range of stylistic devices for the intended audience
- Using a variety of language forms and features, vocabulary and punctuation forms throughout the piece
- Considering the purpose, audience and context.

Gabe and Rafa entered the competition from BWSODE and Rafa has been announced one of the winners in Stage 2.



The school community congratulates Rafa on this fine achievement.

His winning entry, a letter, is published below.

*Dear Grandad,*

*I have some good news and some bad news. The bad news is I can't drive you to Hebel today for a beer like we planned. It's probably for the best because I am only 10. The good news is that Mum and Dad bought me that puppy you said that a young boy needed.*

He's a ripper Grandad! He's brown and white and in some parts golden like a ripe wheat crop in spring. He's playful too. He follows me on my bike to the mailbox. He tries to catch his tail in the air and does a full 360 degree turn. I call him Trick. Do you think that's a good name for a dog?

Where are you now Grandad? I wonder if you can read this letter? I missed your voice today when they sang me Happy Birthday. The melody didn't quite fill my heart all the way up to the top like last year.

I was on swings when you died. Holding the cold metal rods of the chain. It was a grey autumn morning and I could smell rain in the air. "Go get in the car" Dad said urgently "the ambulance officers are bringing out Grandy". I ran to the car and waited. Then I saw them

wheel you out over the rough ground. Dry and cracked after years of drought. I didn't see you after that Grandy because Dad came and drove us away.

Mum's eyes are still an ocean of sadness. Dad says it's not the kind of sadness you can cheer up. Grief washes over her like a heavy summer wave crashing on the shore. I don't want you to worry. I'll look after her. I bring her your watch when she looks sad to remind her of good times.

I have to go now Grandad, Trick is already asleep snuggled in my bed. Peacefully snoring under that fluffy red blanket I've had since I was a baby. It is a cold winter night here but Dad has lit a cheery fire in the next room to warm the house.

You always liked a cheery fire. Goodbye Grandad. I miss you.

Rafael

(Rafa's letter is particularly poignant as his grandfather passed away on the 9<sup>th</sup> April 2020)



## **PARENTING IDEAS**

### **The Importance of Sleep**

Regularity and routine are the agents of sleep. It takes discipline to adhere to and commitment to making sleep a high priority. Helping kids understand how their body clock works, assisting them to work out their optimal bedtime and putting lifestyle habits in place can help them get the sleep they need to maximise their learning, wellbeing, development and overall performance.

#### **Understand the body clock**

Sleep is regulated by a 24-hour body clock that manages the secretion of melatonin to send us to sleep and cortisol to wake us up. This amazing body clock is reset every day when light first hits our retinas. Sleep in late and the clock goes out of synch. When your child works with the rhythms of their body's 24-hour clock they will give themselves the optimal chance for sleep success.

The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were

children. Melatonin, which makes them sleepy, is secreted as late as 11.00pm for some young people, which makes the time before bed-time a sleepless zone. Cortisol, the chemical that wakes them up is released at close to 8.00am for many teens. If this is the case, your young person's brain wants to be asleep when they need to be awake for school.

### **Stick to sleep recommendations**

The Raising Children's Network recommends between 11-13 hours sleep per night for young children, 10-11 hours for primary school children and 8-10 hours for secondary school-aged kids. As every child is different, you may notice that your child needs more or less sleep than is recommended.

### **Develop good sleep hygiene habits**

Start a regular bedtime routine at least 45 minutes out from bedtime to help kids get ready for sleep.

Eat and exercise at the right time. Sleep likes a relaxed body and a calm nervous system, so schedule exercise and active movement before mealtimes. Get up at a regular time. For optimal sleep, bed and wake up times need to be as regular as possible.

### **Create a sleep sanctuary**

Restrict bedrooms to sleep and relaxation quarters and find other places in the house for time out and reflection, school work and active play. Keep bedrooms cave-like. A child's bedroom should be cave-like – That is, dark, cool and free from electronic devices. Darkness encourages melatonin, which regulates sleep-wake patterns.

### **Lifestyle habits that promote sleep**

- Teach your child or young person to put away digital devices at least ninety minutes before bed-time
- Minimise weekend sleep-ins and limit them to an hour more than usual, to keep the sleep clock operating on a regular basis
- Encourage your child to go outside every day - Take a walk, meet a mate (subject to COVID restrictions) or do an errand
- Keep homework out of bedrooms, or at least out of beds. The brain associates activity with location, so if kids work while on their beds, it will be hard for them to mentally switch off from their schoolwork when the light finally goes out.
- Confine caffeine to mornings. Consuming caffeine in any form close to bedtime is like throwing a wrecking ball through

regular sleep patterns. The brain needs to calm down rather than be artificially stimulated if sleep is to occur.

*Sleep is a critical component of enhancing a child's wellbeing, learning, development and overall performance. Helping your child to get enough quality sleep will ensure that their brain and body are being used at full capacity.*

(Article adapted from a paper by Michael Gross)



**Michael Grose**, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*. His latest release is *Spoonfed Generation: How to Raise Independent Children*.

## **LIBRARY REPORT**

Please, if there is a book you would like to see in our Libraries, do let me know. I am only too happy to order them in.

Keep an eye out for the wonderful selection of 2020 CBC Shortlisted books that are in the Libraries.

**"You can never get a cup of tea large enough or a book long enough to suit me."**  
**C.S. Lewis**

This saying is definitely true for me, just add a cosy armchair and I am in heaven. How about you????

**Mrs Robinson**

**loretta.robinson@det.nsw.edu.au**

## **MERIT AWARDS**



### **PRINCIPL'S AWARDS**

**To: Ollie: For working well at Byrock Hub sessions**

**Frank: Developing independent work habits and consistently returning work at a high standard**



## Walgett Students

<b>Rafael</b>	Outstanding work in his Science unit The Physical World / Well thought out work in his history unit of work / Fantastic work in Mass and Data
<b>Isla</b>	Fantastic work in her Geography Unit / Great understanding of Jump and Skip strategies to solve word problems
<b>Harley</b>	Great start of work on the science unit 'Earth's surface'
<b>Frank</b>	Incredible independent work with fractions / 'Off the Charts' work in FOX / Outstanding work in Geography 'Places are similar but different' / For being 'all over his Term 3 work like a rash'
<b>Ned</b>	Confident work with numbers 1-20 in Maths / A great effort in Writing tasks / Excellent self-reflection in handwriting
<b>Phoenix</b>	Excellent work in unit on Fractions and Decimals
<b>Gabriel</b>	Physical World - Excellent work on forces / Brilliant List Poem 'Grandy's Office'
<b>Darcy</b>	Neatly presented work in all areas
<b>George</b>	Excellent character voices when reading
<b>Monty</b>	Fantastic explanation and diagram of the Aurora-Borealis
<b>Aiden</b>	Fabulous work regrouping 3 digit numbers in Addition & Subtraction / For his solid effort to improve his letter formations / Fantastic satellite lessons in Mathematics / Outstanding work in the Science unit on Light



## Bourke Students

<b>Maisie</b>	An excellent start to the Term / Outstanding work in length and data
<b>Nick</b>	Outstanding bookwork in Reading Mastery
<b>Ollie</b>	Improved effort in Visual Art
<b>Willem</b>	
<b>KC</b>	Developing an excellent understanding of 'belonging' / Fantastic work in 'My Frisbee'

## INTEGRATION DAYS

Bourke Centre Integration Day was unfortunately cancelled due to the weather, however a rain affected Integration Day on Friday August 7<sup>th</sup> was still able to proceed at Walgett, with George, Darcy and Harley attending. The theme of the day was Education Week- 'Learning Together'. It was a busy and productive day despite the small numbers, with assessments, music and STEM activities all taking place.



Harley and Darcy (above) programming the Bee Bots to make 2D shapes.





George and Darcy



Above students Darcy and George and their sisters Caroline and Hilda enjoyed creating a piece of music resembling the dynamic sound of a rainstorm using body percussion. Harley was amazed to learn about the infinite size of our universe and Nebula's in our solar system.

Our next Integration Day is on Friday August 21<sup>st</sup> coinciding with Science week with the theme '**Deep blue: innovations for the future of our oceans**'.

## HOME VISIT REPORTS

### **Darcy**

It was wonderful to be able to get back on the road this Term and start off with a home visit to Darcy on Wednesday July 29<sup>th</sup>

After rain the week before the road to Somerset was surprisingly good and the countryside beautifully green.

Darcy had started his school day and was hard at work when I arrived, so focused that he didn't know I was there till I opened the door! It was terrific to see his work environment and notice all the wonderful schoolwork displayed on the walls.

I also got to meet Jess, Darcy's governess and after a quick chat we got into the morning schoolwork.

Darcy and I spent the session till morning tea on literacy and then after a picnic on the rug in the sun, started next activity – Science Experiments!



The Egg challenge



Miss Hay experimenting

We set up out on the verandah as we need lots of space where we could make a mess. After unpacking all the materials, getting the equipment from the kitchen that we needed, we were ready to start.

Darcy, Jess and I made lava lamps, rockets, storms and completed the egg challenge expertly!

After clean-up it was time for a quick trip around the traps meeting the lambs and dogs and after checking out Darcy's huge Lego collection it was time to head.

Thank you for a great day, Darcy, Jess, Ian and Jemma, can't wait to visit again!

**Miss Hay**

### **Leah**

I was very excited to motor down the Brewon road on Thursday July 30<sup>th</sup> on my way to visit Leah, and take the chance to look at all the crops and see how they were growing. I think there will be a lot of happy farmers down that road!

Leah and I spent most of the day working through her daily program and chatting with Terri-lee and baby Riley. What a pleasant day to be able to be so productive and have lots of chat time as well!

Leah worked really hard on all her phonics and story writing and it was great to see her school room and special toys.

Once again Science was the main theme of the day – with Science week just around the corner, I couldn't pass up the opportunity to show Leah what fun you can have with items from your kitchen!

With Terri-Lee on the camera we let rip with the rockets and egg challenge – another success with eggs, losing only 1 egg during this challenge. Even mum had a crack! We also got inventive with shaving cream making some lovely prints for the schoolroom.

Such a great way to spend the day – Thanks Terr-Lee, Leah and Riley, hope to see you again soon!



Look at that concentration!!



**Miss Hay**

### **Phoenix**

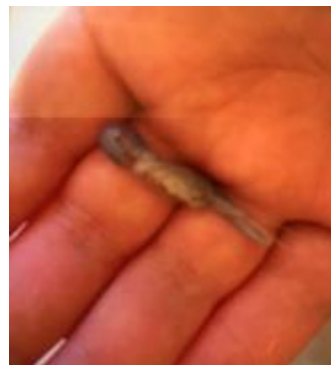
On July 22<sup>nd</sup> Miss Hall and Mrs Fanning traveled to Phoenix's home for his first Home Visit.

It was nice to spend time with Phoenix and Amanda and see his work space and do some work together. He was provided with a daily timetable to stick on the wall above his desk which will help with time management and organisation.

Phoenix is a keen naturalist and animal lover and has an amazing aquarium.



He also showed us a small yabby who had shed its skin which was fascinating to see.



Thank you to Amanda and Phoenix for your hospitality and we look forward to regular visits and contact.

**Miss Hall and Mrs Fanning**

### **BIRTHDAYS**

Happy birthday to **Jandre** who celebrated his 8<sup>th</sup> birthday on Tuesday August 11<sup>th</sup>. We hope you had a great day.

