Reaching for the Stars Showcase

To coincide with Science Week, we opened the doors of two of Reaching for the Stars Programs for our community to view last Tuesday. This included showcasing some of the work that students have been working on in both the Robotics Club and Code Club, programs that we offer to extend student learning beyond the classroom.

Robotics Club involves year 5/6 students working with volunteer teachers and parents to use Lego Mindstorms to build, program and command Lego robots. This includes making them move, talk, follow instructions and solve problems. The students are currently working in teams to prepare for the First Lego League competition, which will be held in November.

Code Club is in its second year at Westgarth, requiring students to learn the basic algorithmic language of computers. This has required students to program computers to create something new, such as an animation, game or developing a procedure for a robot to move.

As part of our open night last week, students in Code Club shared their understanding of visual programming language using ‘Scratch’. This free to use software was developed by the Massachusetts Institute of Technology and is a fantastic platform to teach children how to code. Last Tuesday we also encouraged some of our younger students to try out some of the robots that have been used in Code Club this year. We believe that this may have even sparked curiosity for their future years at Westgarth!

Thank you to the parents and teachers for their wonderful contributions to these programs.

Ben Cunningham, Digital Technologies Co-Ordinator
**Diary Dates 2016**

- **Mon 22-26 Aug**: Book Week
- **Thurs 25 Aug**: Book Week Parade 9am - Dress up as favourite book character
- **Mon 29 Aug**: Meet the Principal morning tea after assembly
- **Fri 2 Sept**: Fathers’ / Special Persons’ Day Stall
- **Wed 7 - Fri 9 Sept**: Gr 4 Camp
- **Fri 16 Sept**: Last day of Term 3 - Students dismissed at 2.30pm
- **Mon 3 Oct**: First day of Term 4
- **Sun 16 Oct**: WPS Whopping Great Fete. [Click here to view fete website.](#)
- **Mon 31 Oct**: Curriculum Day - Pupil Free Day
- **Thurs 1 Dec**: Art Show
- **Tues 6 Dec**: State Secondary School Orientation Day
- **Thurs 15 Dec**: Gr 6 Graduation 7pm

**Meetings 2016**

- **Education**: Tues 23 Aug 7pm staffroom
- **Finance**: Wed 24 Aug 8.30am Jo’s office
- **OSHC**: Wed 24 Aug 1.50pm Carolyn’s Office
- **Business Case Working Party (BCWP)**: Wed 31 Aug 8.30am Jo’s office
- **P & F**: Wed 31 Aug 8.30pm Farmhouse
- **School Council**: Wed 14 Sept 7pm Staffroom

**Meeting Agendas**

[Click here to view](#) agenda items

**Westgarth Robotics Club (WRC) Term 3 dates**

- **Tues 30th Aug**: After school training
- **Tues 6th Sept**: After school training
- **Tues 13th Sept**: After school training
- **Tuesday 20th Sept**: School holiday session in gym

---

**Book Week**

To celebrate Book Week we will be having a whole school parade on Thursday 25 August at 9am.

The parade will take place on the Brooke Street site and we are encouraging children to come dressed as a character from their favourite book.

Parents and friends are welcome to attend!

---

**Bakers Delight Northcote 2015 Dough Raiser Program**

Thank you to families who shop at Bakers Delight Northcote and mention our school when purchasing items. You have raised $85.41 for the school.
**Kitchen Garden Program**

**Grade 3AP**

cooking up rosemary focaccia, and leafy salad with olives.

---

**Fathers’ / Special Persons’ Day stall – Friday 2 September.**

Fathers’ / Special Persons’ Day Stall is to take place on Friday 2 September, between 9:00am to 1:00pm. It’s an opportunity for the children to think about others and to choose something for their special person in their life. A note will be sent home closer to the date.

**Here are some details for the event:**

**RAFFLE** – one book per family, raffle tickets will go out to families this Friday 26 August. Tickets are 50c each.

**WRAPPING HELP PLEASE Tuesday 30 August** - please come and help package after drop off or reading between 9.00 am – 11ish in the school canteen and 'bling up' the items for the students to buy. If you can’t make these dates, but would like to help, please contact Sophy.

**STALL AND BAKING HELP** - One hourly blocks of helpers are needed on the day from 8.15 am to 1.00pm. Please let us know if you can help.

**Baking also is needed** - Items that ideally last until Sunday please and NO NUTS. Bags will be at Office. Please label all the ingredients. NO NUTS.

Thank you for your assistance in making a great day for the kids and their special people.

Sophy Morrow: sophymorrow@optusnet.com.au or 0434 525 662.
President’s School Council News

School Council met on Wednesday 27 July.

We received a briefing from Julia Kelly the Fete Co-ordinator on behalf of the Fete Committee. The committee are doing a fabulous job building on all the great work that has gone before to give our school a terrific community event and raise important funds for the school. I won’t steal their thunder by saying much more here. You can access the Fete website for more information. The School Council thanked Julia and her team for their hard work and inventiveness.

In 2017 the Stephanie Alexander Kitchen Garden Program will have been in place for 10 years. The council accepted a recommendation from Finance Sub-Committee that Education Sub-Committee conduct a review of the Stephanie Alexander Kitchen Garden Program including costs, benefits and integration with other programs. This review will include consultation with the school community. Education Sub-Committee will return to School Council with a plan for this review.

Two policies were submitted by the Policy Sub-Committee and endorsed:

- The Policy Development Policy will govern how we develop and maintain the school’s policies
- The Mandatory Reporting Policy aims to ensure that any identified risks to the safety of our students are reported.

These policies can be found on the school website.

Following approval of the school masterplan, a new working party will has been set up to advocate to government for funding. The Business Case Working Party led by Andrew Wear will aim to secure funding for all or part of the masterplan in the run up to the next state election. Media/public relations is one skill area that this working party will need and does not currently have. If you have skills in this area and would like to help the school in this way, contact the convenor Andrew Wear or the Principal Jo.

School Council meets again on Wednesday September 14. A reminder that School Council meetings are open to anyone in the school community to attend as an observer. Also that members of the school community can submit matters of concern to the attention of School Council by email or a note to the Principal Jo Wheeler. These are taken up in the meeting under Correspondence. Sub-committees and working parties are open for the school community to participate. The dates for these meetings are communicated in the newsletter and the agendas are located on the school website Click here to view.

Ian MacLean
President
Westgarth Primary School is undertaking work to become an eSmart School.

What is an eSmart school?
An eSmart school is a school where the smart, safe and responsible use of information and communications technology is a cultural norm. Students, teachers and the wider school community are equipped to embrace the best these technologies can offer, while being savvy about the pitfalls.

What is eSmart?
eSmart is a series of cultural change interventions developed by The Alannah and Madeline Foundation, aimed at creating positive, respectful and inclusive cultures which reduce bullying and cyberbullying and increase online safety.

Why is Westgarth becoming an eSmart School?
Westgarth Primary School believes the teaching of safe and responsible use of technology, especially when online, is essential in the lives of students and is best taught in partnership between home and school. 21st century students spend increasing amounts of time online, learning and collaborating. To be safe online and to gain the greatest benefit from the learning opportunities provided through an online environment, students must understand their responsibilities and do the right thing by themselves and others online, particularly when no one is watching.
eSmart is a part of The KidsMatter initiative we are also undertaking to ensure the great mental health and wellbeing of our students.

How do you become an eSmart School?
Westgarth has already started the journey to becoming an eSmart school. You would have read, signed and returned an Acceptable Use of ICT form, this is one aspect of becoming an eSmart school.
Further to this, we will also be:

- increasing the cybersafety knowledge of
  - parents, through parent information nights,
  - staff, through staff PD sessions, and
  - students, though explicit instruction of areas of cybersafety
- updating a range of relevant policies
- creating an eSmart Committee (parents welcome!)

eSmart Committee
We are inviting parents to join the eSmart committee. The committee will meet once per term to discuss ways to help complete our eSmart accreditation.
The first eSmart committee meeting will be held during National eSmart Week (5 to 9 September).

Date: Monday 5 September
Time: 7:00pm – 7:45pm
Location: Staff Room, Brooke Street Campus
Meetings will have agendas and be minuted.
If you are interested in technology and its safe use, have experience in technology or want to increase your knowledge of technology by being involved in the eSmart committee, please come to our first meeting!
If for some reason you cannot come to our first meeting on the 5th September, please send an email to the school with your name, children’s names and grades, email and best contact number, and we will let you know when our next meeting in Term 4 will be.
Thanks, Winter (Grade 5 Teacher) & Stacey (Prep Teacher)
Sport News

Grade 6 District Basketball
Each year our Gr 6 students have the chance to compete in a day of basketball against local schools. We had 3 boy’s teams and 2 girl’s teams participate. All students had fun playing basketball, helping with scoring, captaining, assistant coaching and cheering on friends. The standard of basketball was really high with one of our girl’s teams narrowly missing out on finals and one of our boys teams making it to the semi-finals. Thanks very much to Anne Arthur, Michael Jamieson & Clayton Payne for taking on coaching some of the teams. We couldn’t have done it without your help.

Westgarth Athletics Carnival
Wow what a wonderful day we had at Collingwood Harriers for our Athletics Carnival. In the end we were pretty lucky with the weather as we only had a few rain showers. Once again all the students and teachers went to great lengths to dress up in their House Colours. This year the Captains and Vice Captains spent a lot of their lunchtimes over the last month or so painting and decorating their house banners and working on the songs and chants. The standard this year was incredibly high. Well done to all the Sport Captains and Vice Captains!
We started the day off with the House chants which were the best we have ever heard! John was torn with the decision but ended up giving the points to Urquhart for their catchy song. All the students had such a wonderful day and competed to the best of their ability. We had record numbers of students running in the optional 800 metre event which was great to see. All the teachers were so impressed with students being great sports and many ribbons were given out for cheering on classmates, shaking hands at the end of events and helping others when needed.
Thank you to all the teachers who helped out in a variety of roles for the House Athletics Day. This year seemed to run extremely smoothly thanks to the amount of parent helpers we had on the day. We had a huge number of parents helping out with timing, measuring, raking and scoring. The parents who were rostered on were invaluable – Skye, Myf, Anthony, Anne, Guy, Kate, Claire, Bill, Dora, Leonie, Ro, Bettina, Julia, Theo, Lana, Liz, Emily, Ully, Robert, Anna, Leanne, Campbell, Jodie, Shirley, Elyce, Tanya, Jane & Julie.
Thanks to all the parents who were there supporting and cheering our students on – it was a wonderful atmosphere. Without your support this event would not be able to go ahead.
The results of the athletics carnival are now finalised. All students contributed to their house by gaining points for placings or being a good sport. Please see below – it was very close!

<table>
<thead>
<tr>
<th>Place</th>
<th>Team 1</th>
<th>Team 2</th>
<th>Team 3</th>
<th>Team 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Walker</td>
<td>Urquhart</td>
<td>Rucker</td>
<td>Gerrard</td>
</tr>
<tr>
<td>2730 points</td>
<td>2610 points</td>
<td>2375 points</td>
<td>2335 points</td>
<td></td>
</tr>
</tbody>
</table>

Westgarth Primary School 6
District Athletics Carnival

Below is a list of all our students who represented our school at district athletics on Friday. Unfortunately the weather wasn’t kind to us so we had to call the event off at midday. Most students were able to compete but those that still have an event to do will go back this Friday 26th August in the afternoon. Well done and good luck to those that will be there on Friday!

<table>
<thead>
<tr>
<th>Event</th>
<th>Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shot put</td>
<td>Tessa P, Holly G, Zbe I, Kai, Nathan, Rhyss</td>
</tr>
<tr>
<td>Discus</td>
<td>Maria, Holly G, Eloise, Jeremy, Aslan, Ben C</td>
</tr>
<tr>
<td>Long jump</td>
<td>Mira, Maddie P, Zbe H, Oscar W, Darcy W, Vasa</td>
</tr>
<tr>
<td>Triple jump</td>
<td>Alia, Maddie P, Chloe S, Torren, Nathan, Lewis M</td>
</tr>
<tr>
<td>High jump</td>
<td>Sophie H, Zbe C, Matilda T, Oscar W, Jonah, Matthew L</td>
</tr>
<tr>
<td>100 metres</td>
<td>Maria, Mira, Camille CB, Lizzy, Emily, Matilda T, Kai, Roland, Thom, Lucas R, Harper, Ben C</td>
</tr>
<tr>
<td>200 metres</td>
<td>Tilda, Zbe C, Zbe H, Torren, Darcy W, Matthew L</td>
</tr>
<tr>
<td>800 metres</td>
<td>Tess, Asha D, Emily P, Harry, Beau, Felix, Dylan C</td>
</tr>
<tr>
<td>Hurdles</td>
<td>Sophie, Camille CB, Holly C, Niko, Koh, Lewis M</td>
</tr>
</tbody>
</table>

Sporting Schools Netball Clinics

The Gr 3s will be involved in a 4 week netball program run by Sporting Schools Australia. The program is a federal government initiative and is fully funded. All of our Gr 3s will have one session each Tuesday for 4 weeks starting on 23 August. Have fun!

Sport Diary Dates Term 3

Friday 26 August Catch up district athletics
Friday 9 September Grade 6 girl’s district soccer day

Thanks,
Rushe
¡Bienvenidos! Here you will find all about the different activities children are doing in Spanish at Westgarth. To see more of their projects check the Spanish website http://wgpspanish.wix.com/westgarthspanish

¡Hasta pronto!
Marta, Esmi y Pilar J

ESPAÑOL / DRAMA

Year 5&6 students are working on la voz (voice), focusing on articulación, proyección y exageración.

Students watched a clip by the Royal Shakespeare Company with actors delivering the Hamlet line ‘To be or not to be, that is the question’ in a number of different ways and then performed the phrase in Spanish: ¡Ser o no ser, ésa es la cuestión!

ESPAÑOL / ARTE

After weeks of collecting tiles we finally had enough and grade six students were able to start their mosaic project (thank you to everyone who donated tiles!). We learnt about the Spanish architect Gaudí, who found inspiration for his mosaics (and all his other architectural work) in nature. Like him, every student designed a small tile inspired by nature. Last week students started filling in the shape inside their mosaics (and to do so they had to break the tiles into small pieces... which they absolutely loved doing as you can imagine!). Then they used tile adhesive to glue the pieces onto their background tile. After students have learnt the basics of mosaic-making they are going to make a bigger collaborative mosaic. Stay tuned!

ESPAÑOL / CIENCIA

Students in Year 2 have been learning about the Earth’s natural resources, such as el sol (Sun), el agua (water), las plantas (plants). We started with el agua and students explored the uses of it at school. They also observed what happens with water when it rains and experimented on different surfaces such as césped (grass), cemento (cement), ladrillos (bricks) or arena (sand). Students then predicted and observed and discovered how water corre (runs off) or se absorbe (soaks in).
Action Action Action

8 weeks to go and a lot of fete action happening, here’s just some of the highlights!

<table>
<thead>
<tr>
<th>Stall/Activity</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choc Toss</td>
<td>Chocolate drive has started! See below for details.</td>
</tr>
<tr>
<td>Cool drink donations</td>
<td>Drop off at the office (don’t leave fete goers thirsty!)</td>
</tr>
<tr>
<td>Media donations</td>
<td>Drop off at the office (clean out your DVDs, CDs, games &amp; Vinyl).</td>
</tr>
<tr>
<td>Toys, Trash &amp; Treasure</td>
<td>Box up any donations and have them ready for drop off Friday or Saturday before fete (14/15 Oct).</td>
</tr>
<tr>
<td>Facepainters needed</td>
<td>The team can teach you how to do it! Contact Amanda (Grace 3HJ) <a href="mailto:amandahawkey@mac.com">amandahawkey@mac.com</a> or 0412 653 287.</td>
</tr>
<tr>
<td>Entertainment</td>
<td>The callout is on for stage entertainers! See details below from Phil</td>
</tr>
<tr>
<td>Jammy Goodies cookup</td>
<td>Saturday 27 Aug 1-4pm, Farmhouse. Let Nicole know if you can make it <a href="mailto:nicole.cook@optusnet.com.au">nicole.cook@optusnet.com.au</a>.</td>
</tr>
<tr>
<td>Plant potting session</td>
<td>10 Sept @ 2pm. Let Penny Lachlan (3BP) know if you can make it. <a href="mailto:penny.smith@sydney.edu.au">penny.smith@sydney.edu.au</a> or 0418 384 696.</td>
</tr>
<tr>
<td>Ride Sponsors needed</td>
<td>Do you know a local business who could sponsor one of our rides? How about asking them? Find the details here: WGF Ride Sponsorship</td>
</tr>
</tbody>
</table>

Snow Cones Stallholder – how cold can you go?

We need a stallholder for Snow Cones! This is the last stall without a stallholder and one of the easiest. No pre-work or ordering required. You turn up in the morning, get the snow machine going (with ice that is delivered) and produce delicious cordial & ice treats. You will be allocated a class to help out and bring delight to many kids! We’d hate to see the fete without snow cones so if this is the stall for you please let me know on 040067758 or whoppinggreatfete@gmail.com. Julia

And that’s not everything! So keep your eyes peeled on the school and fete newsletters for more info. Julia
CHOC-TOSS - Chocolate Donations
For the first time ever the 2016 Whopping Great Fete will have a Choc Toss!
Fete goers will be able to test their throwing arm with a gold coin and win the chocolate it lands on.
We are putting out a call for chocolate donations – blocks/bars or bags. When you are in the supermarket, please grab a block/bar/bag (there's always something on special) and give it to the kids to bring to school.
All donations can be delivered to the classroom and put in the box ready for collection.
And it’s game on - which grade will collect most chocolate bars by Friday 2 September?
Rio is finished but let the CHOC-TOSS games begin!!

Call for performers at Westgarth Fete on the entertainment stage
Can all interested people in doing something on the stage at the fete this year please contact Phil McGowan.
Let him know what you would like to do (Music, Auctioneering etc), if there are any requirements for the stage (some equipment will be available on the day) preferences for time-slots etc.
You can contact Phil on pmmcgow@hotmail.com or 0425 787 698, a rough schedule / timetable for performers on the day will be sent out to those who've signalled an interest"

TOY STALL
Once again the toy stall will be accepting toy deliveries on the weekend of the fete only, which makes the laborious sorting/pricing process much easier for the hard-working minions. We will be standing by to accept deliveries on Friday 14 October after school and until 4pm on Saturday 15 October, sorting, pricing and accepting your bags of donations with great glee.
If you wish to stay for a bit and help the minions, you will be offered food, hilarious conversation, drink and plenty of love. If you were wanting to get cracking on boxing up donations, the minions favourite donors are the ones who seal puzzles/games/toys up in plastic wrap/ziplock bags with a note to say 'complete', or 'missing one piece' etc. With about 8 weeks to go until fete weekend, and the long, boring school holidays right in the middle of that, it's a great chance to steal your children's toys, and hide them in your wardrobe so you can see if they miss them or not before donating them. Thanks in anticipation for your amazing donations... you guys are the best! Buzz, Pooh and the Brats (the Toy Team)

The season for making delicious goodies is drawing to an end, so join us for one more chop, chat and taste in the Jammy kitchen
1-4pm, Saturday 27 August - Westgarth Farmhouse
We'll be making preserved lemons and scrumptious pickled vegetables.
RSPV: by email to Nicole (nicole.cook@optusnet.com.au).
BYO: Please bring with you an apron and a sharp knife.
Can kids come too?: Children are welcome to come and have a play, but please remember to bring any games or equipment with you as we do not have access to OSHC resources.
Saturday 27 August, sunset  
Astronomy Night, around Farmhouse

Wednesday 31 August  
P and F meeting, 8.30pm, Farmhouse

Friday 2 September  
Fathers’ / Special Persons’ Day Stall

Friday 9 September  
FURS stall

Sunday 11 September  
Spring Picnic at Darebin Parklands

Wednesday 14 September  
Prep-Grade 2 Disco, School Gym, 6.15pm-7.30pm

**SCIENCE WEEK - THANKYOU!**

Thank you to all the students, parents and teachers who made our Science Week events such a success. An especial thank you to Kerry Mahoney, John Marty and Emma Savage for spearheading events.

**ASTRONOMY NIGHT   Saturday 27th August from 5.30pm  $5 per family**

Join us in and around the Farmhouse for a magical evening of stargazing. Hot drinks, cake, indoor display and outdoor cinema. Bring small torches and please leave balls at home. Supervision of children is the responsibility of parent/carer.

Cake donations sought, contact Emma on 0413 185 350 or wpssuperscience@gmail.com if you can bring something or assist with serving / set up /pack up.

Volunteers and cakes needed for our Astronomy night at Westgarth this Sat Aug 27th 5.30 pm

Please let Emma know if you are able to bring a cake or biscuits to share (no nuts please) or can help us prepare and serve drinks/food or help supervise equipment and displays. No special knowledge required, just a willingness to help. Contact Emma on 0413 185 350 or email Kerry and Emma on wpssuperscience@gmail.com or leave a comment on our event page if you are able to help out https://www.facebook.com/events/248336595549791/

If you can't help, that’s fine too, no pressure, just turn up and enjoy the evening!

Join us in and around the Farmhouse at sunset for a magical evening of stargazing, cake and hot drinks! There will be a spectacular conjunction of Venus and Jupiter visible just after sunset, as well as some indoor displays and outdoor cinema. We have 3 telescopes, but more are always welcome so if you have one bring it along.

Bring small torches and we will be giving out red cellophane to put over them. Please leave balls at home or make sure games are played well away from the expensive and fragile telescopes!

This event is weather permitting, so if it is raining we will cancel it, so fingers crossed everybody!

Please note this is an out of hours event, so supervision of children is the responsibility of the parent/carer.

**PREP- GRADE TWO DISCO, WEDNESDAY 14 SEPTEMBER, 6.15pm-7.30pm**

Our younger school members can celebrate the end of term at their very own disco. Run by “Bop till you Drop” and Parents and Friends, the disco is a safe, fair and funky way to have some fun together. As this is a parent run event, we require parents/carers to supervise their children. RSVP will be by Tiqbiz and a notice will come home soon.

**Parents and Friends 2016**

westgarthpandf@gmail.com

Jessamy, Emma, Nerida and Jac
Science week with the Super Science Club!

It was a great week for science at Westgarth, with the Robotics and Code Club putting on a fantastic showcase, followed by an after school anatomy touch and feel exhibit and finishing with a delicious and interesting kitchen science event on the weekend. There will be a more detailed description of the kitchen science event with pictures in the next newsletter.

The Westgarth Robotics Club had a Sumo Challenge, where students had to design, build and program a Sumo bot to push another robot out of the ring. We also displayed the 2016 Animal Allies Challenge that our robotics club will be competing in this year for the first time and the students designs for a logo for our team’s t-shirts. There was robot soccer, robot biscuits and Peta the robot puppy which was petted and fed by many students! We are very proud of what the program has achieved so far and are looking forward to participating in the competition in November. The students are now writing the blog and this week’s blog was written by Matilda. D Gr 5 Winter, which can be found here:

http://wpssuperscience.wixsite.com/westgarth/robotics-blog

Code Club were able to show the games they had designed using Scratch, the M-bots they had programmed to display text and follow lines, as well as giving students an opportunity to try out Sphero balls and an interactive coding game. There was much interest shown in the program and it is great to see the support the school has given both of these innovative programs.

The bones and anatomy exhibition was a hit with the younger students and there were some 3D models of the human body the students could pull apart and put back together as well as X-rays, a stethoscope for listening to heartbeats, a skull collection and animal bones. Check out our website for more pictures, we were very lucky to have professional photographers Michael Napoli and Marcel at our events so it’s definitely worth a look!

http://wpssuperscience.wixsite.com/westgarth

Thanks to all the students and families involved for sharing their passion for science and technology, and to the students for their enthusiasm and curiosity who make it so easy for us to keep wanting to do these events and programs. Thanks also to the teaching and support staff of Westgarth who supported these events in too many ways to mention!
News from the Kitchen Garden
Mary – kitchen.westgarth@gmail.com Virginia garden.westgarth@gmail.com

Officially there are only two weeks left of Winter. Spring is starting to make an appearance though. Our plum tree has burst its buds and lovely blossom is now evident. A pest thwarted our harvest of plums last year, so we are keeping a very close eye on the tree to see if we can prevent a repeat. Other signs of spring are the bulbs flowering in the flower garden near the Art Room. There is something eternally optimistic about sunny daffodils. Watch that space for more spring beauties such as Anemones, Ranunculi, Freesia’s, Nigella and more. Winter is still present however, and we will soon be harvesting the last of the winter crops such as cabbages, Brussel sprouts and peas.

New Fruit Orchard – we are excited about planting out our new fruit orchard next to the Kitchen Garden. This space has been made available to the program due to the loss of the small orchard near the bike shed. Some of the fruit trees will be transplanted. We are offering some of these trees to anyone in the WPS community who would like them. You will need to be able to dig them up and remove them off the school property. The trees are still dormant so now is a good time to move them, but you will need to act quickly. If you would like further information please don’t hesitate to contact Virginia at the email address above. Two new plum trees have already been planted into the new orchard, these are cross-pollinators Mariposa and Santa Rosa. Other recent plantings in the garden include a bay tree, chocolate mint, perennial basil as well as rocket, beetroot, broad beans and potatoes.

WANTED:
Does anyone in your household have a sweet tooth and eats lots of ice-cream? We would love your used (empty and washed) ice-cream containers. These are excellent items for the kitchen and garden. We can use any size as long as they are plastic and have the lids. Containers can be dropped off at Kitchen Garden (Farmhouse).

Gr 3 Lili proudly displaying their first harvest from the garden.

Community Advertisements

Free to good home - Cubby House
Will require dismantling and reassembly.
Please contact Liz 0450 112 907

Westgarth Primary School 13

The Westgarth Primary School Council does not endorse any of its sponsors or advertisers, but we do acknowledge their support.
Everyone gets scared

Six year old Jessica doesn’t want to go to sleep in her own bed. “You stay with me Mum”, she says. Jessica’s Mum reads another story. Her Mum gives her one more kiss and leaves. A few minutes later, Jessica appears in the doorway. “I’m scared something might happen to the house. The roof might blow away. “Nothing’s going to happen to the house,” her mum says. “But I saw it on TV!” Jessica wails.

Jessica had not seemed to be bothered about the TV before. Now her parents realise she must have become worried after seeing TV news items about recent storms.

Understanding children’s fears

Children get scared for all sorts of reasons. Often their fears seem unreasonable to adults. But even what may seem illogical, can be very real to children.

Some fears are very common amongst children, with different sorts of fears appearing at different ages. Preschool children are often afraid of imaginary things such as monsters hiding under the bed. In early primary school, children are usually more fearful of real things that might happen, like being hurt. Later, fears are more typically about possible failure at school or in sport.

Noticing when children are afraid

It’s not always easy to tell when a child is frightened or worried. Obvious things that the child responds to immediately, like thunder, are easy enough to recognise. But some things are not so obvious. Children may not tell you they are scared. Often they show it through their behaviour instead.

When children are scared or worried they may:
- become clingy or demand that a parent or carer stay close to them
- have sleeping difficulties or want to sleep in their parent or carer’s bed
- lack confidence to do things they did happily before
- avoid situations that make them feel scared or anxious
- ask a parent or carer to do things for them or with them
- complain of tummy aches or headaches.
Helping children to cope with fears

Children need adult support in order to learn to cope with fears. They need reassurance to reduce their anxious feelings, and skills for coping so that they can gradually learn to manage fears themselves.

Learning to cope with fears and worries helps children develop confidence

How parents and carers can help

- Acknowledge how your child is feeling. Naming it (eg ‘feeling scared’) helps the child begin to see fear as a normal emotion that can be overcome.
- Stay cool yourself so you can model positive coping.
- Tell them how you learned to get over fears when you were their age.
- Positive self-talk can help children put fears into perspective (eg “The storms on TV are far away from here. My house will be okay”).
- Asking what a favourite hero might do in this situation can sometimes be helpful for encouraging children to be brave.
- Learning relaxation skills is often very helpful for dealing with fears.
- Help the child put realistic limits around the scary situation. For example, Jessica’s parents could explain that the TV pictures she saw were about something that happens rarely and only when the weather is extreme.
- Since television is a frequent trigger for children’s fears it is important to monitor television viewing to minimise exposure to things that may be frightening. It can also help to discuss scary things at the time they are seen on TV.