NORTHERN RIVERS ZONE SWIMMING CARNIVAL

Last Thursday, 26 children from WRPS competed at the Northern Rivers Swimming Carnival. All of our talented representatives came away with fantastic results including personal best times and ribbons. Tylah went one step further, breaking two zone records. She took a massive nine seconds off the Junior Girls 200m Individual Medley (3:19.01) and a second off the Junior Breaststroke (45.50).

We also had two of our swimmers awarded as age champions and one as runner-up. Congratulations to:

Tylah - Junior Girls Championship
Jennifer - 12/13 Years Girls Age Championship
Carly - runner-up 12/13 Years Girls Champion

We have a total of 16 boys and girls competing in the North Coast Carnival to be held in Lismore this Wednesday. Thank you to Mr Nind and Mr Beck for their organisation and work on the day.

YOUR SCHOOL FEES MAKE A DIFFERENCE

Thank you for all the families who have paid their 2015 school fees. The funds raised go directly into purchasing resources in classrooms, such as work books, rulers, pencils and art supplies. So far parents have contributed $4005 towards our target of $15,000. If you have not yet paid your voluntary contribution, help us to reach our target by paying promptly via any of the following methods:

- In person at the front office – EFTPOS or cash
- Cheque made out to Wyrallah Road Public School
- Complete and return credit card slip (available from office)

CALENDAR

Term 1, Week 6

Wednesday, 4 March, 2015

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, 5 Mar</td>
<td>Forensics Workshop - <em>A Case of Emergency</em> (Science Show) Stages 2 &amp; 3</td>
</tr>
<tr>
<td>Thu, 5 Mar</td>
<td>LHS &amp; SCU Stage 3 &amp; 3/4W Science Programs</td>
</tr>
<tr>
<td>Fri, 6 Mar</td>
<td>2.10pm Assembly (1S, 3/4D)</td>
</tr>
<tr>
<td>Wed, 11 Mar</td>
<td>3.30pm Aboriginal Education Team Meeting</td>
</tr>
<tr>
<td></td>
<td>6.30pm P&amp;C AGM – Staffroom</td>
</tr>
<tr>
<td>Thu, 12 Mar</td>
<td>LHS &amp; SCU Stage 3 &amp; 3/4W Science Programs</td>
</tr>
<tr>
<td>Tue, 17 Mar</td>
<td>Netball Clinic</td>
</tr>
<tr>
<td>Thu, 19 Mar</td>
<td>LHS &amp; SCU Stage 3 &amp; 3/4W Science Programs</td>
</tr>
<tr>
<td>Fri, 20 Mar</td>
<td>Harmony Day</td>
</tr>
<tr>
<td></td>
<td>2.10pm Assembly (1W, 5/6H)</td>
</tr>
</tbody>
</table>

CONGRATULATIONS BANNER WINNERS

Flynn
Jesse
Seth
Harrison
CLEAN UP AUSTRALIA DAY
Our school participated in the Clean Up Australia Day Schools Program last Friday, 27 February. All students from K-6 participated in activities which included learning about recycling, the importance of keeping the environment clean (providing animals with a safe environment and keeping our land and waterways healthy and beautiful) and also cleaning up. Students cleaned up our school grounds, showing pride in their school and found some interesting discoveries along the way. Most people place their rubbish in the bin so let’s keep it up!

CONGRATULATIONS MR CAMPEY
Mr Campey has recently been successful in gaining a permanent teaching position at Teven-Tintenbar Public School, beginning 23 March. He has thoroughly deserved this appointment and although we will miss him here at WRPS, we wish him all the very best for his next teaching adventure. Following is a message from Mr Campey:

“It is with great excitement that I head off to a permanent position at Teven-Tintenbar School. Unfortunately however, gaining a permanent position also means that I have to leave my current teaching position at Wyrallah Road Public School. I have had a great year at WRPS and feel privileged to have met and worked with the wonderful students, staff and parents at the school. Hopefully I’ll see many of you around about, maybe at a carnival or on the sideline somewhere. So please, don’t be afraid to say hi and thanks for the support and great memories.”

At WRPS we also recently completed the merit selection process to appoint a new permanent teacher. Mr Mark Platt was the successful applicant. Mr Platt will take over the teaching in 3/4C and is very excited to join the WRPS team. He brings plenty of enthusiasm and skills, particularly in the area of technology, sport and even boys’ hip-hop! Parents in 3/4C will have the opportunity to meet Mr Platt shortly after his arrival on 23 March.

CHANGING AFTERNOON TRAVEL ARRANGEMENTS
Please ensure you send a note with your child if they will be going home a different way to normal. We ask that you avoid ringing the office to make these arrangements unless it is an emergency.

STAFF PROFILE – MS REEN ANDERSON (ANDERS)
I am very pleased to be back teaching at Wyrallah Road Public School after an extended period of leave. I had many enjoyable and exciting experiences during that time. What started out as renovating my home turned into a complete rebuild and I was fortunate to have spent a great deal of time travelling overseas, although the camel riding trip across the Sahara is not one I wish to repeat.
I had previously been at Wyrallah Road for approximately 12 years and had many fun times, met great children, parents and grandparents. My previous teaching positions included Bourke, Moree, Cabbage Tree Island, Whian Whian, Lismore Public School and then happily here. I did recently enjoy a short period of teaching in the Queensland education system.
I look forward to reacquainting myself with the school community, and am looking forward to the new challenges ahead.

NORTHERN STAR $5000 CLASSROOM MAKEOVER COMPETITION
Don’t forget to start collecting tokens from the Northern Star this Saturday and place them in the labelled box in the office foyer to help our school win a $5000 classroom makeover.
CRUNCH AND SIP

Why is it so important that children drink water?
Water is good for us - our bodies are made up of 50-60% water. Water lost each day through breathing, sweating and going to the toilet needs to be replaced, especially in hot weather. Adequate fluid intake is essential to good health. Not drinking enough fluid causes dehydration. Any level of dehydration can cause physical symptoms such as poor concentration in class, headaches and irritability. Children rarely drink enough during break times at school and often forget to drink unless reminded. Crunch and Sip provides an opportunity to drink water and helps to prevent dehydration.

How much water does my child need?
The recommended daily amounts of fluid for children and adolescents are:
- 5 glasses (1 litre) for 5 - 8 year olds
- 7 glasses (1.5 litres) for 9 - 13 year olds
- 8-10 glasses (2 litres) for 14+ years
* a glass is 250 ml
More water is needed if children are exercising or sweating due to heat. Please ensure your child’s drink bottle is clearly labelled.

TRANSITION TO HIGH SCHOOL
It is the time of year for Year 6 students and their families to think about which high school they will be attending in 2016. Details of local high schools’ information nights are listed on the last page of the newsletter.

Welcome to 3/4C.....
It has been a hectic but very rewarding start to the year in 3/4C. In between our swimming carnival, a visiting performance from ‘Brainstorm’ productions and getting to know our new classmates and routines, we have been learning and developing many new skills.

Writing – We have written some fantastic recounts about our summer holidays and our weekends, including the recent wet and wild weekend.

We have begun to look at the features of writing a good narrative as well as writing some very descriptive ‘action verb’ poetry....which resulted in the class becoming just a little scary!! (check out the transformation)

Public Speaking – Students in 3/4C have also been learning to speak in front of an audience. They have been challenged to explain their opinions about topics that we are discussing and occasionally they are randomly chosen to present an impromptu speech on an unknown topic.
Science and History – In Science, we are studying living things and considering how they adapt to their environment. This week we'll be out and about gathering evidence on some of these adaptations. Meanwhile, in History we've been discussing the ways that environments have changed - including the built environment of suburban Sydney, as we read through the story of ‘My Place’ and explore the website (you might remember that ‘My Place’ is also a series on ABC).

Finally – Our whole class has been enthusiastically participating in fitness and sport, developing skills and improving our wellbeing.

Keep up the great work 3/4C!!

2015 INTERNATIONAL COMPETITIONS FOR YEARS 3-6
Welcome to the 2015 International Schools’ Competitions which now include Digital Technologies, Science, Spelling, English and Mathematics.

The competitions take place each year in schools throughout Australia, New Zealand and the Pacific region and your child is invited to participate. The competitions provide opportunities for all students to gain a measure of their own achievement in an external assessment situation. They provide schools and teachers with comprehensive reporting of results and also give parents helpful information regarding their child’s performance. All students receive a certificate and an individual student report indicating which questions they answered correctly, as well as the average mark for their state.

Certificates are awarded for each year as follows:
• High Distinction to the top 1% of entrants in each year level in the state
• Distinction to the next 10% of entrants in each level of the state
• Credit to the next 20% of entrants in each level of the state
• Achievement to the students who were placed within the 20% of the year group in their school and the top 50% in the state but who have not qualified for a higher certificate
• Participation to all other participating students.

Medals are awarded to the top student(s) in each year in each state.

-----------------------------------------------

PLEASE RETURN THIS FORM AND MONEY TO MR WILLIAMSON BY WEDNESDAY, 25 MARCH

I would like my child __________________________________________ Year _____________________

to participate in the following competitions (please tick).

<table>
<thead>
<tr>
<th>COMPETITION</th>
<th>DATE OF COMPETITION</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Digital Technologies</td>
<td>Tuesday, 19 May</td>
<td>$8.80</td>
</tr>
<tr>
<td>Science</td>
<td>Wednesday, 3 June</td>
<td>$8.80</td>
</tr>
<tr>
<td>Spelling</td>
<td>Tuesday, 16 June</td>
<td>$12.10</td>
</tr>
<tr>
<td>English</td>
<td>Tuesday, 28 July</td>
<td>$8.80</td>
</tr>
<tr>
<td>Mathematics</td>
<td>Tuesday, 11 August</td>
<td>$8.80</td>
</tr>
</tbody>
</table>
**Canteen Roster:**

Wed, 4 Mar  
- Kerry McDonald, Leonie Freund

Thur, 5 Mar  
- Steph Gregory, Freda Yee

Fri, 6 Mar  
- Elaine Barry, Natasha Mattmueller, Amy Malloy, Donna-Lee Green

Mon, 9 Mar  
- Cheryl Smoother, Corrinne Milgate

Tue, 10 Mar  
- Freda Yee, Angela Lawler

Wed, 11 Mar  
- Darren Speers, Asher Smith

Thu, 12 Mar  
- Freda Yee, Claire O’Gorman, Val Brittand

Fri, 13 Mar  
- Kylie Burnett, Vicki Muddiman, Donna-Lee Green

Mon, 16 Mar  
- Amanda Keys, Dave McLean

Tue, 17 Mar  
- Mel Crabtree, Sue French

**Uniform Shop** - Open on Fridays from 8:30-10:00am. Roster: Friday, 6 March – Lisa Munn

Polar fleece vests in stock – great for the in-between seasons. Help still urgently needed in uniform store. If you can spare one or two Friday mornings a term, please contact Lisa on 0448 580188.

**Community News**

- **1-2-3 Magic & Emotion Coaching Parenting Group.** Based on the latest information on brain development and how to encourage children to manage their emotions. Encourages parents to strengthen their relationship with their children and enhance their enjoyment of parenting. Held 10, 17, 24 March 10am-12.30pm. Phone 6621 2489.

- **Go4fun** is a free healthy lifestyle program for kids 6.5 to 13 years. For more info phone 1800 780 900.


- **Hockey NSW** is holding a special program for children who were born between 2004-2007. It is a 4 week program run by accredited coaches and is for players of all levels (beginners to experienced). All children will have fun while learning new skills and improving their skills. Hepburn Park Hockey Turf Goonellabah, first 4 Tuesdays in March. Under 9s (4pm - 5pm) $68.90 and Under 11s – (5pm - 6:30pm) $92.00. Register at www.hockeynsw.com.au

---

**Helping Hands Before and After School Care at Wyrallah Road Public School**

Did you know that your emotions have a big effect on your body, your mind and your ability to make good decisions? Some emotions can even make you feel sick!! We have been talking about our emotions all week at before and after school care. One of the best ways of keeping your emotions under control is to know they are there. Taking a moment to stop and ask yourself “am I feeling sad or angry or scared” can help. If you are feeling these emotions, taking some big deep breaths can help or talking to a trusted friend or teacher. We made some fish this week as an art project I think they turned out great.
Circle of Security

Parents of young children (0-7 years) are invited to join our free four-week program that will help you:
- learn how to recognise your child's needs and better understand their behaviour
- be supported as a parent and gain ideas on how to make parenting easier
- begin to understand your own reactions to your children

The program increases awareness of children's needs and develops an understanding of how our responses can meet those needs.

**Thursdays, 10:00am to 1:00pm**
12 March – 2 April 2015
Venue: Interrelate
5 Market Street, Lismore NSW 2480

Facilitated by Monique Rutherford - Child & Family Psychotherapist.

For information and to reserve a place, call Belinda Keech at Interrelate:
phone: 6623 2750 | mobile: 0475 817 383
email: belinda.keech@interrelate.org.au

Parenting by Connection

This is a free six-week program that gives parents the tools they need to strengthen their relationships with their children.
It will assist parents to:
- meet other parents
- learn ways to help manage emotions such as anger/frustration
- strengthen relationships with their children, creating a longer lasting bond
- gain new ideas on managing their child's tricky behaviour
- increase play and fun activities with their children
- reduce stress from parenting

**Fridays, 10:00am to 1:00pm**
20 February – 27 March 2015
Venue: Interrelate
5 Market Street, Lismore NSW 2480

For information and to reserve a place, call Belinda Keech at Interrelate:
phone: 6623 2750 | mobile: 0475 817 383
email: belinda.keech@interrelate.org.au

Sponsored by the YMCA Communities for Children Project.

Lismore High School

-success with pride-

A warm invitation is extended to parents/careers and students to attend our

INFORMATION NIGHT
FOR PROSPECTIVE STUDENTS YEAR 7, 2016
Tuesday 10th March 2015
5.30-7.30PM
Lismore High School Library

- interactive displays
- tour of school
- free interactive tours
- information on curriculum
- scholarships
- future directions in education
- technology, academic, sporting and creative arts opportunities

Enquiries: Mr Nigel Brito, Principal
Ph: 02 66215185; Fax: 02 66225940;
Email: lismore-h.school@det.nsw.edu.au

Kadina High School

Kadina High School invites you to our
Year 6 into Year 7
2016 Information Evening
Wednesday 11th March 6.30pm-8.00pm
Kadina High School is a quality comprehensive secondary school providing outstanding educational programs.
- strong student support programs
- highly qualified and dedicated staff
- engaging literacy and numeracy programs
- high level community involvement

Visit the website: http://www.kadina.school.det.nsw.edu.au
Phone Enquiries: 02 66243133

Richmond River High School

An Invitation To Our

YEAR 6-7 2016
OPEN NIGHT EXPO
Thursday 5th March 2015
5.00-7.30pm