Wallsend South Public School serves a supportive parent community which clearly values high educational standards. It is a school which values positive student behaviours and attitudes.

WSPS Calendar

<table>
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<th>Day</th>
<th>This week is Week 3 Term 1 commencing Monday February 9</th>
<th>Next week is Week 4 commencing Monday February 16</th>
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<tr>
<td>Monday</td>
<td>Swimming Carnival</td>
<td>SRC Badge Presentation 9.00am</td>
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<td>Kindergarten Photos</td>
<td>Kindergarten begin full day</td>
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<td>Tuesday</td>
<td>Parent Teacher Evening</td>
<td>Uniform Shop Meeting-Mr H Office @2pm</td>
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<td>Band at 3-4.15</td>
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<td>Wednesday</td>
<td>Band after School 3-4.15</td>
<td>Zone Swimming Carnival</td>
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<td>Band 12.30</td>
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<td>Thursday</td>
<td>Band 12.30</td>
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<td>Friday</td>
<td>School Banking Starts</td>
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Dear Parents
Welcome to Week 3. Today we held the selection Carnival for students wishing to be considered for the Zone Swimming Carnival. We would like to thank Miss Harwood and her team for their excellent organisation and acknowledge the help from the fine Year 9 students from Lambton High School who assisted so capably. It was a very successful day with fine performances from many students. This week with your Tallong is a note regarding granting your permission for your children to take part in a number of school activities. Please take the time to read it carefully, sign and return to school as soon as is possible. Also with this week's Tallong is a copy of the Term Costs for each grade. Please remember that should you require financial assistance in any matter relating to your child's participation in activities organised by the school, it is as simple as contacting me at school either by phone, mail, email or speaking personally. All matters are confidential. We offer the activities because we believe them to be worthwhile and

would very much like all children to be involved.

Attached to this Tallong is an article you may find interesting on resilience. It was originally published in Aurora, Diocese of Maitland-Newcastle, www.mn.catholic.org.au/aurora and reprinted with permission.

Have a great week,
Ian Hamilton

Canteen

Tuesday
Jane Peck  Leah Walker  Sally Ellenor

Wednesday
Jemma Greentree  Tammie Jones

Thursday
Nicole Hoare  Naomi Bellears  Frances Lambkin
Kim Harrison

Friday
Amanda Maguire  Jodi Schipp  Leigh Phillips
Rochelle Stevens

Monday
Hayley Carroll
Uniform Shop  
Tuesday 8.45 am-9.15 am  
Becky Gilbert  Megan Virtue  
(Carolyn Dean)  
Wednesday 2.30pm-3.00pm  
Rachael Metcalfe  Louise Biles  
(Carolyn Dean)  
Friday 8.45am-9.15am  
Mel O'Brien  Tammie Jones  
(Simone Hanks)

Dates for Future .....  
Feb 10 Parent Teacher evening

Notes needed by school currently....  
General Permission Note

Hockey  
Western Suburbs Junior Hockey Club are seeking players (girls & boys) from age 6-13 who would like to play Hockey in the 2015 season. The season starts mid March and continues through to the first week in September. No experience is required to start playing. Under the age of 9 play a Modified/introductory game on a smaller field.  
If your child would like to experience the fabulous game of Hockey, or you would like more information please contact Mark Virtue on 0423 295102.

Letts Read & Create!  
Specialist tutoring in reading and spelling by Faye Letts 0407723292 fayeletts@gmail.com General Homework tutoring as well as music lessons for trombone, cello, beginner piano and music theory by Stephanie Jefferies 0409063666 anniecusslett@gmail.com

SENIOR CHOIR  
During first term Senior Choir will meet every Tuesday morning at 8:20am in Ms. Diehl's room. Membership is open to anyone in Year 5 or 6 who likes to sing and is willing to regularly attend practices. During first term the choir will be learning several songs to perform at our special 100th year anniversary Anzac Day ceremony. In second term we will learn a new repertoire for Grandfriend's Day and our annual Education Week performance at Chariestown Square. Mother's Day and Christmas are special days which we often celebrate at a local Aged Care facility, while Term 4 brings us to the highlight of the year - the "Count Us In" combined choirs event, in which we perform with a number of local Primary and Secondary schools at Lambton High School.  
There are no auditions - simply keep turning up, and you are in! See you next week on Tuesday morning!  
K. Diehl

Good luck to Tennis Zone Trial Reps  
This week we send four of our tennis greats off to Zone Trials. We wish Alexis Page, Nic Robinson, Madison Ellenor and Martyn Carroll all the best as they represent WSPS.

Library News  
Last week we were very impressed with the number of students who borrowed books – an amazing start to the year!  
Just a reminder that all students need a library bag for borrowing. They help protect the books on the journey to and from school and also provide a place for students to leave the library book(s) while at home so they avoid getting lost or mixed up with your home collection.  
Library bags can be bought from the uniform shop for around $8. Alternatively they can be an old pillowcase, a shopping bag (preferably the cloth ones) or even made!  
We celebrated the achievement of Jackie French last week during our lessons and watched her acceptance speech as Senior Australian of the Year 2015. Congratulations Jackie!

"Reading literally creates new neurons in a child's brain and new connections between those neurons. If you want an intelligent child, give them books. If you want a more intelligent child, give them more books." Jackie French, Senior Australian of the Year 2015

Term Costs- Pink Forms  
If you are choosing to pay on line, please remind children to return the pink form to the front office with an indication of the items for which you have paid.

Lollipops for Birthdays  
Children at WSPS love to share their birthday with their friends and this is a great part of our school. Lollipops to share however, mean that the child needs to sit while they are eaten or that children walk around with a stick poking out of their mouth, itself a dangerous practice. Please consider, if you do want to let your child share their celebration, that you send something that can be consumed quickly and safely.
Arrival before 8.40
If children, either with you or by themselves, arrive before 8.40 they are to go straight to the sun shelter area. This is for their safety as there are teachers around this area and a teacher is rostered on duty from 8.30am. Please do not encourage them to sit elsewhere in the grounds.

Safe Driving
I have had a number of people approach me, concerned for the safety of our children as they have observed people driving recklessly within the surrounds of the school. I would ask again that we all take a moment to check our speed, not do U turns in the middle of the road and constantly be aware of the possibility of children being within our drive path.

Mosquitos
Given the weather and the return to school, these pests seem to have had a resurgence now they know there is a smorgasbord of children to target. It may be worthwhile applying a roll on insect repellent before school, placing a roll on in their bag and reminding children to reapply during the day.

Parent Teacher Evening
Teachers will be offering you the chance to come into your child’s classroom tomorrow evening, February 10, to hear about how the class works. We hope to see you there. School Council will be running a free sausage sizzle from 4.30pm-7.00pm, so you might like to stop by and have a bite to eat to save cooking? The times are as follows; Kindergarten at 4.00pm Year 1 at 4.30pm including 1 / 2S Year 2 at 5.00pm Year 3 at 5.30pm Year 4 at 6.00pm including Mrs Thorburn’s Year 4 Year 5 at 6.30pm including Mrs Thorburn’s Year 5 Year 6 at 7.00pm

P & C dates for your Diary
Uniform shop meeting Wednesday 18 Feb 2.30 in Mr Hamilton’s office
Canteen meeting Thursday 19 Feb 2.00 in Mr Hamilton’s office
P & C Meeting Tuesday 24 February 7pm in library

SECOND CHANCE OFFER TO JOIN THE BAND
On Wednesday a large number of students took home instruments in preparation to join our Junior Band this year. Since Wednesday we have given a further 3 instruments out and we still have a few on offer. If your child is eager to join the band and missed the allocation afternoon, please contact Mrs Moloney to arrange a suitable afternoon to discuss options. We have a small number of instruments left including a clarinet, a saxophone, flute, bass guitar, tuba, trumpet and trombone, however, these will go fast. To collect an instrument students need to have a parent with them and a $30 non-refundable deposit needs to be paid. Tracey Moloney

Congratulations
Makenzie Porter from Yr6 and Jorja Brown from Yr5 represented the U/12 Girls’ Wallsend Wolves Touch Football side at Regionals over the weekend. They were lucky enough to take out the championship with a grandfinal win of 4-3. The girls will be attending State Cup in a fortnight in Port Macquarie. Well done girls!

OXFORDS HOCKEY 2015 – Join the mighty red and white family and be part of the fastest growing club in Newcastle Hockey.
Looking for a Winter sport? Join Oxfords Hockey- the club that Miss B, Miss Kuranty, Miss O and lots of past and present WSPS students play with. Through sponsorship and fundraising, we subsidise our Junior costs, covering the fees associated with training.
All games are held at the Newcastle International Hockey Centre at Broadmeadow, so you don’t have to travel very far. Players need joggers, a stick, shinpads and a mouthguard. You can pick up a beginners pack with a stick, ball and shinpads for under $50 at Just Hockey in Lambton. Registration and Game fees depend on your age and team. Oxfords are currently recruiting players for the following teams-
Modified – Girls and Boys u/9 years of age.
These teams play a modified game on a ¼ or ½ field with 6 players. Training is Monday afternoons and games are Saturdays. Modified Hockey is going to kick off with a “Come and Try It Day” for anyone to come along and have a go on Saturday 21st March 8.30 to 9.30am. Games due to start on 28 March.
D grade – Girls ages 9-12 years. This team plays on a full field, with training and games on a Saturday morning. Games due to start mid March.

C grade – Girls 12 years and up (more experienced players). This team trains and plays Mondays. Games due to start mid March. See Miss O’Sullivan or contact Oxfords via their website www.oxfordsshockey.com.au or via email oxfords.hockey@gmail.com for more information.
GRA-HAM-ES TAE KWON DO

Tae Kwon Do classes are held in our school hall.
When: Monday and Thursday Nights.
Time: 6p.m. - 7 p.m.
BEGINNERS ALWAYS WELCOME.
CONTACT GRAHAM ON 0422 782 186

Fun Languages for Little Linguists

The FUN way to become bilingual
French for 5-12yrs old
Fun after school program at Wallsend South Public School

Wednesday afternoon from 3.10 to 4.10pm in the school library
Lots of fun activities, drama, music & games
Come and Join us for a Free trial
Enrolling now for Term 1

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sandra.peachey@lcfclubs.com.au
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FAMILY MATTERS

Taking a risk with play: building resilience in children

By Paul Tranter

As a new school year begins, Associate Professor Paul Tranter counters some prevailing wisdom around risk aversion. Parents and school principals take note!

Australian children have many opportunities their parents and grandparents didn’t have. They have access to the virtual world of the internet and a wide array of extra-curricular activities. They have increasingly sophisticated personal entertainment in the form of iPads, Xboxes and PlayStations. Children today are often driven to places they would find hard to reach on their own. However, for many parents, there is a nagging doubt: are today’s children missing out on important aspects of childhood that previous generations experienced? To answer this question, it is important to consider our understanding of the value of play and our assessment of risk.

When adults (even young adults) are asked to take their minds back to their favourite play spaces as 8 to 10-year-olds, they typically remember:

- outdoors and natural landscapes
- places with wildlife (eg cicadas, frogs and tadpoles)
- environments they could manipulate (eg build cubbies, dig holes)
- being away from adults’ gaze
- places they could get to by themselves
- places with risky features or activities (eg tree climbing, billy-carts).

Children are now much less likely to have access to such play spaces. They are more likely to be engaged in adult-organised or adult-supervised experiences, many of which are indoors. The age at which children are allowed out to play without supervision is increasing. They are far less likely to be able to walk or cycle without an adult, either to school or to their friends or play spaces. They are discouraged from engaging in risky play. In their school grounds, a risk-averse culture has led to the removal of play equipment, restrictive rules on play and reduction in time spent in recess.

Parents’ lives are also changing. A study by the UK’s Future Foundation found that the time spent looking after children quadrupled in two and a half decades, from 25 minutes per day in 1975 to 99 minutes in 2000. Much of this extra time likely involved transporting and supervising children.

The reasons for this increased burden on parents relate to two main motives: striving to give their children the ‘best opportunities’ and protecting children from perceived dangers. Parents are seemingly in competition with each other to give their children the maximum chance of becoming successful adults in a consumerist world, where success is measured by material wealth. Providing a range of adult-organised extra-curricular activities is believed to provide children with a learning and developmental advantage. The effectiveness of this strategy is questionable: unstructured play is far more important for learning than many people appreciate.

Parents also strive to protect children from dangers, particularly traffic danger, stranger danger and accidental injury. While the fears of stranger danger are exaggerated, compared with statistical risk of attacks, fears about traffic danger are warranted. Ironically, parents who ‘protect’ their children by driving them everywhere exacerbate traffic dangers for children. In this case the collective impact of individual decisions to protect children (eg driving them to school) has the opposite effect on children’s well-being: they are exposed to increased traffic danger and they also miss out on the health and developmental benefits of walking or cycling to school and to other places in their neighbourhoods.

Parents (and adults generally) seem to have a poor understanding of the risks to which children are exposed. Any risk assessment considers the likelihood of injury and the severity of injury. When a child learns to ride a bicycle, the chances of falling and experiencing a minor injury (eg a grazed knee) are high. Yet the likely consequences of this are not severe. When children are prevented from taking the risks that might lead to minor injury, they are deprived of important learning experiences. When they sustain or witness an injury, children learn to understand the consequences of their actions. For example, falling from a bicycle after applying the brakes too suddenly on a wet surface provides a valuable road safety lesson.

While adults should always be alert to protecting children from life-threatening or permanently disabling injury in play, there will always be some risk of children getting injured. There are long term benefits of risk encounters: overcoming challenges is part of a meaningful and fulfilling life. As former playground safety crusader, Joe Frost,
explains, “In the real world, life is filled with risks – financial, physical, emotional, social – and reasonable risks are essential for children’s healthy development.” Within the early childhood community there is growing recognition that there has been too much emphasis on ‘injury prevention’, and that children’s experience of minor injuries during play helps develop their resilience.

An important first step in giving children more freedom to play is to encourage a new approach to risk. Tim Gill, author of *No Fear: Growing up in a risk-averse society*, argues, “Childhood is being undermined by the growth of risk aversion and its intrusion into every aspect of children’s lives.” Not only are we generally risk-averse, parents who are concerned about certain risks (eg injury while playing) are seemingly unaware of other risks that can occur as a result of restricting children’s play, which manifest over a longer time frame. Children can become afraid to use their bodies actively and not get enough physical exercise. When play is restricted, so too are children’s emotional, intellectual and social development. As a result, today’s children (in Australia and many other nations) are getting fatter, sicker and sadder. Childhood overweight and obesity, Type II diabetes, and childhood depression are increasing. In addition, children’s creative abilities have declined over recent decades; they are less emotionally expressive and less imaginative. A likely solution to all these issues is to encourage more outdoor play and more walking and cycling (which can themselves be playful experiences). Several strategies can help achieve this.

Policies that increase the provision of local schools, shops and services will also encourage more walking and cycling, as well as reducing pressures on parents to drive their children to school and other places. Lowering speed limits in residential streets makes streets safer, both in terms of traffic danger, and also by increasing the number of pedestrians and cyclists. This provides ‘eyes on the street’ that reduce fears about strangers. Changes in the design of new housing may also help. Instead of houses having shutters and high fences, houses with front porches and windows facing the street help provide passive surveillance in residential streets.

As well as changes at a neighbourhood level, changes in school grounds can encourage play. The Sydney Playground Project (link below) explains how an intervention involving risk reframing with parents and teachers, in combination with the introduction of loose materials into school grounds, increased children’s physical, creative and social play. The intervention, to increase ‘risky’ play with loose materials (eg old tyres and milk crates), led to reductions in fighting and bullying, with no increase in accident injury. This simple intervention, which could be adopted in every primary school, has the potential of initiating a self-sustaining cycle of prevention for childhood obesity, bullying and mental ill health.

Making these changes to our lives and cities will help develop happier, fitter, healthier and smarter children. Parents and teachers will benefit from having reduced pressures to accompany or supervise children. Communities will become stronger, partly through the mere presence of children, which breaks down the learned reserve between adults. Creating more resilient children may be easier than we think. In fact, it’s child’s play.

Paul Tranter is Associate Professor in Geography, UNSW Canberra at the Australian Defence Force Academy. He is a graduate of the University of Newcastle. You may wish to visit [http://sydney.edu.au/health-sciences/sydney-playground-project/](http://sydney.edu.au/health-sciences/sydney-playground-project/).