

A message from Mr Withers (Senior)



DEAR PARENTS / CARERS / CHILDREN

First, let me wish everyone a very Merry Festive Season and good health for now and the future.

Secondly, I would like to thank everyone for the wonderful 16 years I spent as Principal of Weston Public School. Whilst there I experienced the daily highs and challenges that confront all people in all communities. The support that emanated from the staunch supporters of the school, its students and staff over the years has been nothing less than outstanding. The big winners however, have always been the children.

I especially want to thank all the staff that I have worked with and who supported my efforts at Weston Public School. Weston has always had excellent staff and I'm sure this will continue to be the case. The recent passing of Mrs Beverley Surplice was a sad occasion as she was a wonderful person, staff member and a strong supporter of the school and its efforts.

Many changes have occurred over 16 years; from a playground with many demountables and an old weather-shed to lovely air-conditioned modern classrooms with the latest technology and excellent resources. These positive changes resulted from the tireless efforts of staff, parents and school supporters, particularly the proactive P and C.

Special thanks to the P and C for their gift of 3 books on Australian history. I will read them closely and revel in their content because the area is a favourite of mine.

I will greatly miss the friendships I have made and the daily interactions with everyone; particularly the ever-growing and changing faces and progress of those children who enter at Kindergarten and exit in Year 6. Hopefully I have helped make a difference and created many positive memories. I will often think of Weston School in my retirement.

*Best wishes and thank you.
Allan Withers*





Have a safe and
happy Christmas
from all the staff
at Weston Public School.



Weston Public School

Weston Public School

School Purpose - to create a happy, secure and successful school environment through effective teaching and learning.



A newsletter for the community of Weston Public School

Term 4 Week 11

Tuesday December 18, 2012

Quote for the Week

Christmas is a day of meaning and traditions, a special day spent in the warm circle of family and friends. ~ Margaret Thatcher ~

Important Dates for Term 4 2012

DECEMBER 2012

Wednesday 19 Last day for students

JANUARY 2013

Tuesday 29 Staff return—
(Staff Dev. Day)
Wednesday 30 Students Yrs1-6 re-
turn
Thursday 31 New Kinders arrive.

NO school shirts will be sold on Staff Development Days.

*****No sun safe hat play in the shade*****



*Dear Parents, Carers and
Community Members*

As the year comes to a close I would like to take this opportunity to thank all of our parents and carers for your wonderful support this year, especially in my relieving role as Principal. We have a wonderful school here at Weston and the beautiful partnership that we have with our parents and carers is what makes it such a success. At our Presentation Day last week we had a number of positive comments from our official guests about the excellent behaviour and accomplishments of our students. It is always a pleasure to receive such lovely comments about our students and your children.

From the staff and students at Weston School we wish you a happy and safe Christmas and holiday season. We look forward to seeing you all again next year.

**Merry
Christmas!!**



Learning and Support Teacher

Mrs Cheetham was the successful applicant to be appointed the Learning and Support Teacher to commence permanently on Day 1 in 2013. Mrs Cheetham has been relieving in this role for three years. We are excited to have her join the staff permanently.

Congratulations Mrs Cheetham and thank you for your wonderful efforts at Weston Public School!

Classroom Teacher

Weston Public School is fortunate to have a targeted graduate appointed as our eighth classroom teacher to commence on Day 1 in 2013. We look forward to having Samantha Compton join our permanent teaching staff. Samantha will be a wonderful addition to our beautiful staff at Weston PS.

Flag at Half-Mast

The Australian flag was flown at half-mast today for the memorial service of the late Dame Elisabeth Murdoch AC DBE. Dame Elisabeth was a distinguished Australian, charity worker and philanthropist.



"Through our gates pass the nicest people."

Parent Line NSW

We all know that parenting is challenging. Every parent struggles from time to time with every day issues or more complex ones. The State Government funded helpline, Parent Line NSW (managed by Catholic Care) provides a unique free support service to parents across NSW. Highly skilled professional counsellors are available 24 hours a day 7 days a week to take calls from parents and carers about any parenting issue, from tips on how to manage the morning routine, to concerns about distant adolescents to complex changes of living in blended families. It is the only free counselling service available to parents during any part of their parenting journey, at any time of the day or night, anywhere in NSW. Parent Line has a website for parents, carers and professionals (www.parentline.org.au) with a range of tip sheets for parents about contemporary issues facing families today. Enclosed is a leaflet on 'Meltdowns'.

Last Day of School

Tomorrow (Wednesday) is the last day of school for students. Children are able to wear Christmas clothes on the last day. Children still need to follow our sun-safe guidelines by having a sun-safe hat and wearing t-shirts, tops with sleeves (no sleeveless tops/dresses) and wear sensible shoes (NO thongs).



We thank you for your ongoing support of our school.

Mrs R. Callinan - Relieving Principal

P & C NEWS

P & C Meeting

The next P & C meeting will be our Annual General Meeting and will be held in the staffroom on February 11, 2013. All welcome.

Thank You

Thank you to our P&C Executive -Sharon, Leah, Stacey, & Allison for their support.

Thank you to Dyan, Cliff, Shirley, Tanya & Julie for volunteering in the canteen. Also to all the people who worked on stalls, sold tickets, cooked, helped organise our bus trip, or helped out in any way. Without volunteers to do these activities we would not be able to purchase much needed items for the children.

TO: Mr Withers

The P&C would like to wish you a long and happy retirement and thank you for all you've done for Weston Public School. It has been a pleasure working with you!

TO: Sue & Max

Thank you for all your help. Your assistance is greatly appreciated.

Thank you also to the rest of the Staff who do a wonderful job.

**HAVE A SAFE & HAPPY CHRISTMAS
& NEW YEAR.**

Look forward to seeing you all again in 2013.

Mandy Johnson (P & C Secretary)



Everyone is invited to join us for our

Christmas Messy Church

Christmas craft • Short, fun, casual service • Sausage sizzle

Young families, newcomers and all denominations welcome!

St. Paul's Anglican Church (Church of England),
Lang St, opposite Kurri Fire Station
11:30am Sunday 23rd December



'Tis the Season of Meltdowns

As the end of the school year rapidly approaches, calendars and to-do lists get jam-packed and tempers can be frayed. Sometimes at this time of year we see our children behaving in ways that aren't usual for them such as being teary and emotional to being defiant and angry. Sometimes when things become too hard for children to handle they might have a 'meltdown'. A meltdown is an intense and often frightening response to over-stimulation of the nervous system involving activation of the child's 'fight or flight' response. This often means that the experiences the child is having are too much for them to handle at the time. Tiredness, lack of routines, stress in the family (rushing around with too many things on the to-do list) and other changes can create a "perfect storm" for the child. Afterwards, the child may experience intense feelings of shame, humiliation, remorse and fear that relationships have been harmed beyond repair.

The notion of prevention being better than the cure is primary when dealing with meltdowns. So how, as a parent, can you prevent meltdowns?

Tune in to early warning signs in your children. What do these signs look like?

- Resistance to, or disengaging from, an activity or routine
- Verbal or non-verbal expressions of distress or frustration e.g. tears, whining, swearing, difficulty answering questions, pacing, stuttering, grimacing etc.

By tuning in early, you may be able to prevent a meltdown or minimise its impact. Expressing empathy, helping a child to verbalise their frustration and providing them with options can have a positive impact. An example of this could be "I can see that you are getting mad about not getting a turn on the flying fox. Would you like me to help you ask for your turn?"

It may also be helpful to manage your child's environment to minimise the likelihood of a meltdown occurring. For example, try to maintain normal household routines, spend quality time together as a family and factor in some quiet time for your children to unwind after a busy day.

If prevention fails, there are ways to manage a meltdown to minimise its impact:-

- Once your child is having a meltdown, the time for reasoning has passed. He or she is overwhelmed emotionally and will not be able to think rationally.
- It is imperative that you, as the parent, stay calm. If you feel you are losing control, enlist another adult to help you or take time out yourself if you are at home.
- Ensure your child is safe whilst having a meltdown. Move a young child away from roads, sharp objects etc.
- If you are out and about and the meltdown doesn't subside quickly, it's often better to go straight home.
- Don't interfere with your child's meltdown in terms of making suggestions or ordering your child to stop. Wait until the storm begins to subside before offering comfort.
- Once your child is calmer, offer simple suggestions such as a cuddle, a quiet story together or a DVD.
- Only engage in problem solving the issues that led to the meltdown once your child is completely calm. It may even be the next day before you can help your child find a solution to their angst.

Parent Line NSW is a State Government funded free professional telephone counselling service that is available 24 hours a day 7 days a week. Call our Parenting Counsellors to talk through any issue related to raising your child 1300 1300 52.




OUTREACH

Linking Community and Learning



**CAREER SKILLS EDUCATION
FACULTY**



MID-HUNTER OUTREACH

SEMESTER ONE - 2013 FREE INTRODUCTORY COURSES

Courses on offer include:


- Accommodation Services
- Animal Care
- Cafe Operations
- Floristry
- Greenkeeping
- Horticulture
- Information Technology
- Vineyard Operations


**FREE
Courses**

COURSES COMMENCE FEBRUARY/MARCH 2013

Outreach Linking Community and Learning

CONTACT OUTREACH ON
t: 4936 0382





**Tuesday 5th March 2013 or
Wednesday 22 May 2013**
9am-12.30pm
Catherine McAuley Building
Rear 841 Hunter St Newcastle West

Seasons for Growth® has partnered with Lifeline Newcastle & Hunter to present safeTALK to companions.

safeTALK is a half-day presentation to increase suicide alertness

Suicide alert helpers contribute to a suicide safer community

This program alerts community members to signs that a person may be considering suicide.

It acknowledges that while most people at risk of suicide signal their distress and invite help, these intervention opportunities are often overlooked. Participants learn to recognize when someone may have thoughts of suicide and to respond in ways that link them with further suicide intervention help.

The safeTALK is being offered for free but please bring a gold coin donation to cover the costs of morning tea

Booking is ESSENTIAL

Please Register by 1st March or 17th May 2013

Seasons for Growth Companions please register @ www.goodgrief.org.au

All other participants: Phone 4979 1355 or email jenny.harris@mn.catholic.org.au

Lifeline Newcastle & Hunter is offering this half day workshop as part of their Comprehensive Suicide Prevention Service and acknowledges the funding support provided by the Australian Government Department of Health and Ageing

