

UPCOMING EVENTS

NOVEMBER

- 18th** Kindergarten Transition - full day
- Wider than Gwydir Helicopter Flying in
- Stage 2 & 3 swimming
- 22nd** Beach to Bush Show
P and C Meeting 5pm
- 25th** Captain Speeches
- Musical
- 28th** Intensive Swimming commences

DECEMBER

- 2nd** Kindergarten Transition - full day
- 9th** Presentation Day
Year 6 Farewell
- 13th** Copeton Excursion
ES1 S1
- 14th** Water Fun Day

Save the Date

25th November

Twilight Musical on the Oval.

Grand Final 6 Frenzy

Whilst most of us awaited the news of the United States election, our cricketing enthusiasts had no time for headlines. Busily practicing for the long awaited Super Six Grand Final our budding champions bowled, batted and practiced their way in and around the cricket nets in preparation for this weeks major event.

The grand final will be held this Wednesday from 10 am. We invite spectators and cricket enthusiasts to join us for this monumental event!

Warialda Public School Presents

We are the

World

Twilight Concert

25th November 2016
at Warialda Public School
from 6:30pm

Please join us for an evening of
entertainment
and friendship whilst enjoying a BBQ dinner.

We are the World..

Our end of year concert is coming together beautifully with rehearsals in full swing.

Costumes are being created and dances are being perfected. Each class is representing a country with the highlight a whole school surprise. We extend an invitation to join us on this night to celebrate a wonderfully successful year.

Principal's Report

Whilst the year is quickly drawing to a close, there is still so much for our students to do and participate in at Warialda Public School. Our students are busily learning exciting new things and achieving great results!

Once again this Friday, we will welcome our 2017 Kinder students for a full day of transition. Our Kinder numbers for 2017 have continued to grow and we are now expecting 31 enrolments! This fact speaks volumes of our school and demonstrates the confidence our community has in our proven ability to deliver an outstanding education. We can't wait to see our newest students again on Friday and I know that Mrs Lanesbury, Mrs Waller, Miss Chudleigh and Mrs Durkin have been carefully planning to make the day as amazing and memorable as possible.

Recently, our school had the opportunity to nominate students for a prestigious award known as the BK Olympic Medal. This award is given to a student who demonstrates the values of the Australian Olympic Team (attitude, sportsmanship, pride, individual responsibility, respect and express yourself). Several very worthy recipients were nominated by staff but one was chosen based upon a selection criteria. Jorja Durkin has been awarded the BK Olympic Medal for 2016 – a wonderful achievement indeed!

The Super 6 Cricket competition is now in its final week. Today, the West Indies will play Canada whilst tomorrow, Pakistan will take on England. The winning team from each game will play in the Grand Final on **Wednesday the 16th of November at the special time of 10am**. I would encourage family members and interested community members to join us.

I would like to acknowledge our outstanding student leaders – Will Mayne, Lucy Lockyer, Jack Digby and Abbie Kent who represented WPS at the community Remembrance Day service held at Captain Cook Park on Friday. Jack completed a reading and did an outstanding job. We are extremely fortunate to have leaders of such a high calibre. Also, congratulations to our PBL Prefects, Charlie Horn and Hope Sankey who did such a tremendous job at our school service. They too were exceptional and must be sincerely congratulated. A special vote of thanks must be afforded to Mrs Haug who coordinated the service at WPS and also to Mr Charles Allen who coordinated the community service.

On Friday morning, Mrs Joan Nieddu presented our school with a bunch of poppies to be used in the commemoration of Remembrance Day. Thank you to Mrs Nieddu for this generous and most lovely gesture. Each and every person that visited the school office were amazed and how lovely these flowers were.

Our students continue to prepare for the forthcoming twilight concert scheduled for Friday the 25th of November. A barbecue dinner will be available from 6:30pm on our school oval with the concert starting from 7pm. It will be a lovely occasion to bring a picnic blanket, enjoy a steak sandwich and be entertained by our talented students. We are striving to create a relaxed, family focussed atmosphere to showcase the incredibly talented students of WPS.

Congratulations to Mrs Lanesbury and her very cute KL students. They entertained a large audience of 57 people at Friday's assembly and had certainly prepared thoroughly! Well done.

This Friday, Wider than Gwydir's guest speaker will be Mr Dave Warburton from Air Care Aviation (Moree). He will be flying his helicopter into the grounds and landing on the oval. As part of the planning and risk assessment process relating to this visit, we have and will continue to advise our neighbours and surrounding residence that a helicopter will be landing on our school oval at approximately 11:45am.

Finally, I wanted to extend my most sincere congratulations to the dedicated community members who are organising the Monday afternoon junior touch football competition and also the committee running the Milo Cricket (Saturday mornings). Our community is very fortunate to have such generous people. The impact of these initiatives is certainly obvious at a school level with so many students eagerly looking forward to each event and talking constantly about how much fun they are having! Well done!

Have a terrific week!

Dan van Velthuisen Principal (Relieving)

Celebrating Success



BK Olympic Medal

Jorja Durkin recieved the BK Olympic Medal last Friday in recognition of Jorja's sportsmanship, attitude, pride, individual responsibility, respect and self expression. Jorja was nominated by Warialda Public School staff. Well done Jorja..

Warialda Public School sporting champions were nominated for major awards at the Annual Sports Council Awards night which was held last Friday. Abbie Kent, Georgia Curtis, Ally Horn, Lillie Sankey, William Mayne, Charlie Horn, Isaac Armstrong and Toby Bell were nominated in a variety of categories.

Abbie Kent was named Sub Junior Sports Girl and Charlie Horn was awarded with the Sub Junior Sports Boy award. Congratulations to our students and their families for this wonderful achievement.



Sports Stars

shine at
Annual Awards Night.....

Celebrating Success

CERTIFICATE OF ACHIEVEMENT

KL	Maddy Bell, Banjo Mitchell, Aidan Warren, Harrison Brooks, Kendra Rogers and Holly Whalan
K/1W	Kingston Hall, Kai Connolly, Jaymz Nolan, Ashley Rees, Kruze Solomon and Ethan Tu
1/2M	Max Barwick, Lachlan McIntosh, Will Whalan, Ellie Michel, Mia Ireland and Summa Beel
3/4C	Frank Reardon, Amelia Hall, Nicholas Cook, Riley Rose and Rhylie Marle
3/4S	Daniel Butler, Lochlan Williams, Flynn Brymer, Lisha Guyer, Sebastian Fohmsbee, Will Walker and Wraith Rowan
5D	Beau Solomon, Grace Parker, Toby Bell, Logan Biddle, Lochlan Lane and Ella Moodie
6P	Cooper Rose, Abbie Kent, Peter King, Isaac Armstrong and Will Jones

PRINCIPAL'S AWARD

Darcy Hawkins, Angus Digby, Harrison Brooks and Sophie Hall

PBL MERIT AWARD

Sarah Clarke and Elijah Lane



Robotics...

Thank you Daemon and Nathan who have been very busy learning, creating, experimenting and testing the new robotics kits at WPS. The boys volunteered to give up their lunchtime to check the kits, making sure they are complete and in working order before they get rolled out to classes.

Arriving in boxes and with many small parts, the boys accepted the challenge with gusto and are having a wonderful time experimenting.

This is part of the Wider than Gwydir initiative which we hope to extend further giving all students access to this and other fun ways of learning. Well done Daemon and Nathan!

Gallery



Commemorating Australian Forces



Remembrance Day 11th Hour 11th Day 11th Month.

Congratulations to our school leaders William Mayne, Lucy Lockyer, Jack Digby and Abbie Kent along with our PBL Prefects Hope Sankey and Charlie Horn for your participation in the Remembrance Day services.

Notices

History Hunt

As part of our history programs, students are asked to look at old technologies and compare it to today's. We are seeking old technologies to use in our lessons as there is nothing better than "hands on" experience.

Do you have any "Ye Olde" technologies you no longer wish to hang on to? Below are some examples of items that would be useful, but the list is endless -ink well/ pots, rolodexes, phone number indexes, vertical sandwich toaster, alarm clock with bell...



We would greatly appreciate items you think may be helpful. They can be delivered to the office. If you are not sure, just check with Mrs Haug. Now is your chance to have a bit of a cleanout!

P and C Meeting

Our next Parents and Citizens meeting will be held on the 22nd November in the Residence at 5pm. We welcome everyone and encourage new members. Hope to see you there.

THE WARIALDA BITE! ISSUE 6: NOVEMBER 2016

Dear parents, carers and community of Warialda Public School,

Did you know that eating more fibre is actually one of the simplest ways to improve your daily diet?

Some other reasons why we should eat more fibre include:

- Staying regular – prevents constipation
- Flush out cholesterol – fibre obtained from oats, barley, lentils etc help the body to flush out cholesterol
- Cut out fat – high fibre foods are generally low in fat
- Grow your own bacteria – encourages the growth of 'friendly' bacteria

If you currently have a diet low in fibre then take it slowly. Increase your fibre intake a little at a time otherwise you may find yourself suffering from bloating, stomach cramps and wind – very unpleasant!

Gabriella Barrett
Food Security Project Officer, Dubbo

The Warialda Bite!

Issue 6: November 2016



So....how much fibre do we need every day?

Surveys show that we only eat about two-thirds of the amount of fibre we should be eating. Hopefully the guides below will assist you in increasing your daily fibre intake.

ADULTS	CHILDREN
<p>Aim for 30 to 40 grams a day. Reach this goal by selecting:</p> <ul style="list-style-type: none"> a bowl of bran cereal + 2 slices wholemeal or grain bread + 2 pieces of fruit + 1 serve of vegetables + 1 cob of corn 	<p>Use the Age + 5 rule. Simply add 5 to their age to come up with the grams of fibre they should eat. For example, a 10 year old would need 10 + 5 = 15 grams of fibre a day.</p> <p>Here's how:</p> <ul style="list-style-type: none"> 2 wholemeal breakfast biscuits + 1 slice white high-fibre bread + 1 piece of fruit + a small can of baked beans

Source: Catherine Saxelby's 'Foodwatch factsheet – fibre'. www.foodwatch.com.au

Intensive Swimming

Notes were sent today to all Year 2 students and some students in Years 3 – 6 who are not yet able to swim 50m, to participate in the Intensive Swimming program.

This program is separate from Friday sport and will operate everyday in Weeks 8 and 9.

Please return the notes to school by Wednesday, 23rd November, so that organisation can be finalised. Thank you.

Margaret Haug, Organiser