A three way plan for success at school

Now that the students are well settled into their classes and learning for 2015, it is appropriate to share with you again what we at Narrabri West believe are the three essential elements for students to experience success in every aspect of their school life.

**Attendance** - The link between this and academic achievement should be obvious to all. Consistent attendance means no missed concepts, no learning gaps and no pressure to catch up. It also means that students are maximising their opportunities to ask questions and clarify understandings.

**Connection** - This is about a student’s sense of belonging to their school. Those who wear their uniform every day with pride, represent their school when the opportunity arises and promote what is great about their school in the local community, develop a connection to their school which is supportive of their learning.

Our students do a wonderful job with this. We have a school of very, very proud ‘westies’!

**Support: The 3-Way Partnership** – It is important to reflect on how teachers and parents support students through their learning. It is also important to understand the power of teachers and parents working together to support learning. The most powerful relationship is where a partnership is formed between the student, the family and the school and where all efforts are driven in the same direction – towards supporting our students and their learning.

Our Three-Way interviews in the next few weeks are a perfect opportunity for this. The support we are getting from parents at the moment is very positive and this has certainly contributed to our wonderful start in 2015.

There is more information on Three-Way interviews in our Feature Article in this newsletter (see Page 2).
Feature Article

Three Way Interviews

All teachers will be conducting Three-Way Interviews over the next two weeks. These are a very important part of our reporting process and we urge all families to take the opportunity to work with their child’s teacher by coming to these.

Most schools have replaced traditional parent/teacher interviews with three-way interviews which involve the teacher, the student and the parent.

Three Way interviews provide a forum where students and teachers can acknowledge student progress and achievement. In this strategy students lead a parent, teacher and student achievement. In this strategy students acknowledge student progress and where students and teachers can involve parents and students in the learning process and assists parents in understanding teaching, learning, assessment and reporting.

For teachers, a three-way interview:
- increases their understanding of learning and assessment;
- increases their understanding of curriculum;
- allows them to participate in the reporting process, rather than to merely respond to it; and
- provides evidence to support written reports.

It is gratifying to see so many parents have taken the opportunity to meet and discuss their child’s academic and social progress. These meetings are an invaluable opportunity to learn how your child is progressing, as well as to play your part in identifying and planning targets for your child’s learning and growth for the remainder of the year. The children have been looking forward to showing you all of the clever and exciting things they have been doing.

If you have not yet made an interview time, please contact your class teacher. We would like to see every parent attending. Importantly, your presence at these interviews demonstrates to your children that you value their education.

Please also remember that the teachers are giving their out of school hours to hold these interviews, so if for any reason you are unable to make your scheduled appointment time, please contact the school early to let them know.

Please also be aware that some parents make interview appointments during their work hours and therefore sticking to your time is important. If you are late or go over time the next interview may be affected. Teachers are always available for further discussion at a later date if you require more time.

Looking smart on photo day!
It was wonderful to see everyone looking so good in their uniforms for school photos today. Thank you Mums and Dads for your help with this - they all looked terrific in the individual, class, family and group photos.

Family & Friends Day …..
Easter Tabloids …..
Bronze Assembly …..

Thursday 2nd April is Family & Friends Day. All children have enjoyed preparing their invitations to their special family friends and are looking forward to them joining us. We hope to see many visitors to our school.

We will start the day with our annual Easter Tabloid which is always a lot of fun with some very interesting and unusual activities for everyone to enjoy. These are always great opportunities for children to mix together. Visitors are invited to watch the fun and games – or join in if you wish!

This will be followed by lunch and you are invited to enjoy a picnic lunch in the school grounds with your family. There will be food available from our canteen, but it would best to place an order either before the day or before 9:30 that morning to avoid disappointment, as well as to assist the canteen staff.

Our Bronze Assembly will be held in the hall commencing at 12:30pm. At this assembly we will be presenting Bronze Certificates to students whose behaviour has been terrific all term. Students have received an invitation letter to this assembly.

The full program for the day is:
9:30 – 10:30 K-2 Easter Tabloid
10:30 – 11:30 3-6 Easter Tabloid
11:30 Lunch
12:30 Bronze Assembly

Join us in the hall as we present our Bronze Certificates. Our school captains and prefects will host this assembly.

War Memorial Dedication
Our school captains Jordan and Maddie have attended the dedication of the new War Memorial at the RSL
Club. They joined a huge crowd and laid a wreath on behalf of the school.

Costa’s Garden Visit
Last Friday gardening identity Costa Georgiadis, from the ABC’s Gardening Australia TV program visited us. He was in town for Nosh on the Namoi. Whilst here he talked to the Pre School children about their vegie garden, recycling and composting, as well as how they can be sustainable.

He then helped the Stage 3 students to replant our vegie gardens and spoke with them about the importance of vegetables and how they can help them grow in the garden. Students from Boggabri and Fairfax schools also came in to listen to Costa and work with our students.

School Development Day
Term 2
Monday 20th April is a designated school development day for Term 2. The purpose of this day is to improve the learning outcomes of students by:

- providing targeted professional learning activities aligned to school improvement targets and Department of Education and Communities priorities; and
- enabling whole school planning and enhancing teacher quality, school leadership and management practices.

We will be continuing with our ongoing professional learning based on Learning Goals and will also undertake some further planning for Term Two.

Solid State Circus
We were all absolutely amazed and excited by the circus performance. They leapt, jumped, twirled, balanced, hula hooped, juggled, twisted, somersaulted, laughed, bounced, unicycled, stretched the truth, joked …. and heaps more! It was one of our best visiting performances ever. They even looked for an unsuspecting volunteer – and they found Daly (see photo above!).

Bus Behaviour
Last week I spoke to students on their buses prior to leaving school on their journey home. It has been disappointing to hear of poor, unsafe and disrespectful bus behaviour by a very small number of students.

I informed them that if they cannot behave on buses each morning and afternoon, then it would be impossible for us to consider taking them on excursions such as the Lake Keepit or Canberra excursions, which involve long trips (the Canberra one which is for 9 hours).

Bus operators have the authority to suspend or ban students from travelling on their buses for misbehaviour. Anyone suspended or banned from Wolters buses at the time of the Canberra excursion would automatically be unable to go, as we travel with them to Canberra.

Please discuss the importance of safe behaviour on the buses with your children.

WANTED - a holiday home for Westy Bear!
If you would like to have Westy Bear stay with you for the holidays, please write a letter to Mrs Parker before Thursday 2nd April and tell Westy what you will be doing, so that he can decide who he would like to visit.

Another term is nearly over!
The holidays are nearly here so this is the last newsletter for Term 1. Hasn’t it gone quickly?

Our school is a very busy place at the moment, with all of our usual learning activities, but also lots of sporting trials, music (getting ready for the Eisteddfod) and sport practise. There
is also of course the obvious excitement building amongst the students about the upcoming holidays!

It is exciting to see the many examples of inspiring teaching and learning occurring at Narrabri West. There is no doubt that the way we have our school set up this year is having a positive impact on student learning and the feedback from teachers is that it is really making a difference to the learning and academic growth of our students. Well done everybody.

Thank you parents for the support you have given to Narrabri West this term. It has been busy, exciting and productive. We have achieved an incredible amount in such a short period of time.

I would like to acknowledge all the staff here at Narrabri West. They are dedicated, caring and work hard to ensure your children are well catered for.

Please note the following dates:

- Tuesday 7th April to Friday 17th April - holidays.
- Monday 20th April - school development day - students DO NOT attend.
- Tuesday 21st April - students return to school.
- Saturday 25th April - ANZAC Day

Have a safe and enjoyable Easter break and we look forward to seeing everyone back on Tuesday 21st April, as we now head towards the end of Term 1.

Best wishes
Stephen Maher
Principal

Reminders

FETE

A recent Narrabri Courier had an article on local musician Jen McPherson and her appearance on the Ray Hadley radio show. Our exciting news is that Jen will be performing at our fete on Friday 11th September. Many of you will remember that Jen spent 4 weeks with Mrs. Parker and 5/6P last year as she completed a practice teaching placement. You can listen to Jen’s music on her YouTube channel:

https://www.youtube.com/channel/UCN7yMkGkBNaoteOhkiIBXW-w

or just search for ‘Jen McPherson YouTube’

Voluntary Contributions

Thank you to those families who have paid their voluntary contributions. If all families paid their contributions we would have an estimated $15,000 to spend on much needed resources for the education of our students.

Travelling to and from school

Over the last few weeks we have had a number of children who are unsure of how they are getting home. This has caused distress for students, parents and staff. Please ensure you speak with your children and explain to them how they are travelling to and from school. If anything changes, or your child is not confident of their travel arrangements, please contact the school promptly so we can assist to ensure that planned travel arrangements are adhered to and that we are all aware of your child’s whereabouts.

School Jackets

Even though the weather is still warm, now is the time to purchase your school jackets so they will be on hand for the cold weather. Jackets cost $50, are in stock and are available at the front office. Please come into the office with your child to try one on for size.

Good Sleep Patterns

This is not a topic usually discussed at school but we all know the importance of sleep in achieving a successful day at school. This issue has been raised as we are hearing stories of young children staying up watching TV to 10:00pm and beyond.

It is vital for a child’s development and ability to cope with a day at school, that they are getting constant and consistent nightly sleeps. You would be amazed at the number of students who go to Sick Bay and sleep. A lack of sleep impacts on their learning and behaviour.

The following information is from the ‘Sleep For Kids’ website: www.sleepforkids.org

Sleep is a vital need, essential to a child’s health and growth. Sleep promotes alertness, memory and performance. Children who get enough sleep are more likely to function better and are less prone to behavioural problems and moodiness. That is why it is important for parents to start early and help their children develop good sleep habits.

Each child is different and has different sleep needs.

The information below presents recommended hours of sleep for children:

- Children aged 3 to 5 years should get 11 to 13 hours sleep each night.
- Children 5 to 12 years should get 10 to 11 hours sleep each night.

Spending Money at School

Our younger students are sometimes unsure of the procedures around spending money at the canteen. The following rules are stressed, especially with our Kindergarten students, to minimize problems:

- don’t ask others to buy things for you
- don’t take money that belongs to others
• don’t give your money to anyone except the helpers in the canteen
• don’t buy for others
• don’t share food or money

Supervision at School

Playground supervision commences at 9:00am. Teachers at school before 9:00am are here for lesson preparation and meetings etc. and as part of their work agreement, do not start duty until 9:00am in the mornings. They are not able to provide supervision prior to that.

Parents are reminded you remain legally responsible for your children prior to 9:00am when supervision begins. Please avoid having your children arrive at school before 9:00am.

We also have many students walking or riding to school arriving at 8:30 or even earlier. These students could easily leave home a little later. Yesterday there were 43 students here at 8:30am, which is virtually an hour before lessons commence.

School Sores

Impetigo (school sores) is a skin infection caused by a bacteria called staphylococcus aureus. It is common in toddlers and school aged children during the summer months.

Many children have been coming to school with school sores.

What is it?
This is a bacteria that lives on the skin and in nasal hairs. If the skin is traumatised, due to scratching, insect bites, scrapes and cuts it may infect, resulting in the characteristic school sore appearance. This sore will be heavily infected and scratching will transfer this infection to other parts of the body. The sores may start off with a blister, or they may spread from an existing skin problem such as an insect bite.

What is the treatment?
Treating the infection requires eradicating the bacteria from the sores using antibiotics. If there are numerous sores then oral antibiotics and an antibacterial ointment needs to be prescribed. If there are only one or two spots then the ointment is enough. In both cases it is important to treat areas such as under the fingernails and nasal passages a few times per day. Cover with a non-stick dressing if possible over the top of the sore.

Is it contagious?

It is very contagious! To ‘catch’ impetigo there needs to be direct contact with the infected sores. The child with impetigo will also commonly have the bacteria under the finger nails and on clothing, making it easily transferred to another child. It is not transmitted in saliva, coughing or in bowel actions. Once treated for 24 hours and as long as obvious sores are covered, a child can return to school.

Preventing Spread
• Not picking at sores
• Keeping hands off other children and belongings
• Separately wash clothes and bedding in hot water
• Regular hand washing and keeping fingernails trimmed
• Regular showering with an antibacterial soap

Getting to school on time is an important part of setting your child up for a successful day. Constant late arrivals affect everyone. This means:

• your child has to play catch up on what has been taught;
• the teacher has to interrupt their teaching to repeat instructions; and
• the students in the class have their learning disjointed.

You can help your child achieve their best by getting them ready to start with everyone else.

If your child has had any days absent from school, you need to provide a satisfactory reason for that absence when your child returns to school.

Please write a note to the class teacher explaining the absence so it can be recorded against your child. Please do not wait for your teacher to send home an orange note asking for an explanation, but promptly provide the reason.

Many parents are using the Skoolbag app on their smart phones to provide reasons for absences and this is working very well. This way parents can be assured that the reason is being delivered to the school and not getting lost between home and school.

Orange notes were sent out last week seeking reasons for many unexplained absences. Ask your child if they were given one and please return it (or use the Skoolbag app) providing a reason for the absence.

For more information, see the Skoolbag app advertisement at the end of this newsletter.

Plenty of sport at Narrabri West

We are now in a busy time with PSSA sporting events (see our update below). These do cause some disruption to normal routines but they are an important and valuable part of school life, as they give children the opportunity to represent their school and extend their abilities. Being a member of a representative school sporting team is a highly sought after honour and all students take great pride in the opportunity to not only represent the school, but also to test their talents against students from other schools.

Narrabri West is committed to our involvement in sport. Teachers work extremely hard to prepare school teams, often in their own time (after school or at lunch times) and we thank them for their efforts. Thank you also to the many parents who assist or support our teams.

Daily P.E and fitness programs continue, as does our Friday sports program, which will soon be concentrating on Cross Country, in preparation for our championships on Friday 1st May.
PSSA Update
There has been a lot happening lately in PSSA representative sport and this update is a chance to congratulate all of our sporting stars who have been selected to represent Narrabri Zone PSSA at North West trials in recent weeks.

Football: Riley Longworth, Mackenzie Kerr, Dylan Williams, Jemma Hedley, Elsie Ford, Amy Fladrick, Amelia Beer, Alexandra Bennet, Lily Kelly, Ella Charlton, Ellie Suckling

Rugby League: Daly Guest, Leo Hall, Tim Shields, Thomas Bruce, Brinley Davis

Tennis: Maddie Richardson, Jake Seton

Latest News: Congratulations to Daly Guest who yesterday was selected in the North West PSSA Rugby League team, following the Area trials. Daly will now play in the NSW PSSA carnival next term – well done Daly!

Stage 2
Many things have been happening in Stage 2 this term!

We have learnt to write persuasive letters and descriptive narratives. We can use strong words to persuade someone to agree with our opinion, so look out parents for some good debates at home. We can use descriptive words to make our sentences enjoyable for the reader and our stories have a sequenced structure.

In Maths we have had a little change, so the teachers can now revisit and revise work from the previous week to make sure our learning is continual. We have been focusing on measurement and as you can see from the photo, we really enjoyed investigating litres and parts of a litre.

The children have been learning about National Parks and we now know they are many and varied in their size and environment. You can do lots in a National Park, such as camping, relaxing, bush walking and many more activities. We have listened to and watched small videos on National Parks and have described what we could hear, see, feel, smell and taste.

Three way interviews are well and truly underway; if you have accidentally forgotten to make an appointment with your child’s teacher we are quite happy to arrange a time that is mutually agreeable.

Mrs Charlton, Mrs Ford & Mrs Woolford

The experience of making and eating green jelly was a highlight as well making shamrock hats and green masks. These experiences contribute greatly to the children’s intellectual, language and social development, as they extend their knowledge and understandings of their world. We are planning to further the children's cooking experiences by making a traditional Irish recipe of Potato Bread.

Solid State Circus was a wonderful show for the children. It was entertaining and humorous. Of course it inspired them to test their physical skills when they returned to Pre School with tumbling on mats and balancing! It was lovely to see some of Blue Group there also.

We are now looking forward to our Easter Hat Parades. The children will make their Easter hats at Pre School. Please contribute to our day by contributing food for the party after the parade.

Our photo days ran smoothly with Kate Dhu. She took many wonderful photos of the children. Her friendly approach and familiarity with the children made it a pleasant day.

We are committed at Pre School to encouraging healthy eating and activities for the children’s physical development. We are encouraging the children to drink water and we talk about the way it helps us to grow and be strong. Last year you filled in an enrolment form which asked you to include information about your child’s interests etc. This week I will be sending out another similar form to get more up-to-date information to help us in meeting and planning for your child’s needs. Please fill in and return before the end of term.

Costa’s visit to our garden at Pre School was amazing. He was most impressed by our vegetable garden which the children have helped to plant. We now have added lettuce, celery, broccoli and snow peas. We also have some flowers to plant in another garden.

A blank parent help roster for Term 2 will soon be out - please add your name to it as soon as possible. We hope you have enjoyed helping this
term and can see the benefits. If you are unable to come on the day you have nominated, please let us know. The time you have with the children provides a wonderful opportunity to enhance their learning.

Louise Stewart & Tricia Lawty

Award Winners

KG
Lily Todd, Pip Collins, Ava Smith, Ruby Magann, Nathan Stuart, Levi Browning

KL
Destani Many, Khushi Ghimire, Xanthe Kirk, Allira Tibbett, Ava O’Connell, Douglas Parker

KS
Noah Dhu, Aiden McKenzie, Ehren McFarland, Hope Stanford, Edward Bennett

1K
Adrienne Phillips, Blake Carter, Chelsea Dean, Bree Charlton, Zoe Harris, Georgia Thomas

1S
Molly Phillips, Kyal Seymour, Ashley Morris, Yasmin Finnigan, Charleigh Bennett, Bailey Cooke

2B
Lincoln Browning, Jacob Stuart, Joel Baxter, Isabella Keys, Jada Hughes, Lillie-Mae Carter

2D
Layla Boehm, Riley Kelly, Marlee Many, Nate Browning, Cooper Butler, Rocco Ryan

2/3C
Georgia Dafter, Duke Farr, Lacey Bourke, Tayla Nott, Madison Kay, Jainil Patel

3/4F
Chiara Leabon, Grace Hardy, Eva Hanslow, Baylee Kelly, Ethan Hall, Mikayla Smetanin

3/4W
Will Burns, Paige Hetherington, Denae Seymour, Zane Cuell, Zack Mallows, Isabel Graham

4/5K
Braxten Fish, Addison Russell, Madlyn Phillips, Michael Silver, Emma Richardson, Hannah Strickland

5/6P
Erin Flower, Cooper Cooke, Claire Barlow, Elsie Ford, Bradley Miller, Sarah Stiller

5/6S
Zara Bennett, Liam Douglas, Harry Legg, Eden Westman, Josh Penny, Caitlyn Mealing

CITIZENSHIP AWARDS & STARS OF THE WEEK

RUBY CLAYTON
KD
KG
ANGUS LAMB
MC
LYSA
1S
CHRISTIE 1K
ZAHLI OLDING
2/3C
LIAM STANFORD
EMILY REDMAN
ANDREY
5/6P
ATKINSON 4/5K
K-2 SUPER WESTY
SAM COMPTON
3-6 SUPER WESTY
JAKE FARR
AUDREY ATKINSON

Roster
Week 9

Wed 25th
Clare Hill

Thu 26th
Jess Davison

Fri 27th
Tanya Todd, Kellie Gordon, Coreena Hill

Week 10

Mon 30th
Mandy Simpson

Tue 31st
Kylee Butler

Wed 1st
Kim Seymour

Thu 2nd
Susan Browning

Fri 3rd
GOOD FRIDAY

Week 1

Mon 20th
SCHOOL DEVELOPMENT DAY

Tue 21st
Melissa Richardson

Wed 22nd
Joy Geal

Thu 23rd
Jenny Cooke

Fri 24th
Jodie Hill, Marje Cameron

Good for Kids good for life

Lunchbox fillers

Searching for some inspiration for creative, easy lunch ideas for your children? Below are a few ideas:

- Homemade vegetable muffins
- Turkey, lettuce, cream cheese and cranberry sauce
- Chicken, lettuce, cheese, tomato and mayo
- Tuna, cucumber and cottage cheese
- Boiled egg, lettuce and mayo
- Homemade left over fried rice with ham and vegetables
- Homemade left over vegetable pasta
- Salad wrap with cream cheese
- Cheese, tomato and avocado crackers
- Cheese and vegemite
- Salmon, Spanish onion, alfalfa and lettuce
- Chicken and rice noodle salad
- Left over lamb and couscous salad

Making lunches the night before can often alleviate some of the stress of the morning rush.

Writing a shopping list before hitting the shops can help ensure you have purchased everything you need for the week.

Giving your child some choice in what they have each day may help reduce wastage.

Community News

Running training will begin at Narrabri High School oval on Tuesdays, Thursdays and Sundays starting on Tuesday March 21st at 4pm and 9am Sundays.

During school holidays training will start at 9am.

Namoi Valley Relay for Life 18th & 19th April - Collins Park

We need your help. If you have a photo of a cancer survivor or a loved one lost to cancer and would like to have it as part of the photo montage at this year’s relay, we need to know.
Please bring your photos to the 2Max FM studio at 73 Barwan Street Narrabri between 4.30pm and 7pm on Friday 27th of March. You can also e-mail amawal@bigpond.com or phone Amanda on 0428926288.

We also ask that you share this information with family and friends.

Thank you – Namoi Valley RFL Committee

PIANO LESSONS AVAILABLE for 2015

Teacher: Graeme Compton, AMusA, MMTA – Over 20 years teaching experience
Times: Times available before and after school – more info upon enquiry
Location: Narrabri West Teaching Studio – convenient to Westies
Cost: $30 per half hour per student – shorter lessons for littlies
Requirements: A keyboard to practise on at home and a curiosity about music!
Phone: 6792 2015
### March
- **24** School Photos
- **25-26** NSW PSSA Swimming
- **27** K-6 Assembly 1:00pm; 5 Cent Friday; Stage 3 Sport with Narrabri PS 9:45 – 11:00am @ Collins Park

### April
- **2** *Last day of Term 1*; Family & Friends Day; Easter Tabloids; Bronze Assembly 12:30pm
- **3-17** Autumn holidays
- **20** School Development Day
- **21** *Term 2 commences*
- **24** K-6 Assembly 1:00pm; 5 Cent Friday
- **25** ANZAC Day

### May
- **1** Cross Country; K-6 Assembly 1:00pm; 5 Cent Friday
- **4** Leadership Course – Tamworth – School Captains & Prefects; Fete Meeting 6:00pm; P&C AGM 6:30pm
- **8** K-6 Assembly 1:00pm; 5 Cent Friday
- **12-14** NAPLAN (Years 3 & 5)
- **15** K-6 Assembly 1:00pm; 5 Cent Friday
- **18-20** Narrabri Eisteddfod (Speech & Drama)
- **22** K-6 Assembly 1:00pm; 5 Cent Friday; Narrabri PSSA Cross Country – Bellata; Narrabri Eisteddfod (Dance)
- **25-27** Narrabri Eisteddfod (Music)
- **29** K-6 Assembly 1:00pm; 5 Cent Friday

### June
- **1** P&C Meeting 6:30pm
- **5** K-6 Assembly 1:00pm; 5 Cent Friday
- **8** Long Weekend
- **12** North West PSSA Cross Country; K-6 Assembly 1:00pm; 5 Cent Friday; Narrabri West Horse Sports
- **19** K-6 Assembly 1:00pm; 5 Cent Friday
- **22** Semester One Reports
- **26** Silver Badge Assembly 12:30pm; Sausage Sizzle 11:30am; *Last day of Term 2*; 5 Cent Friday
- **29-30** Winter holidays

### July
- **1-10** Winter holidays
- **13** School Development Day
- **14** *Term 3 commences*
- **17** NSW PSSA Cross Country; K-6 Assembly 1:00pm; 5 Cent Friday
- **23** Athletics Carnival (Field Events)
- **24** Athletics Carnival (Track Events)
- **27** Education & NAIDOC Week
- **28** 100 Days of School and Education Week Assembly
- **31** K-6 Assembly 1:00pm; 5 Cent Friday; Jeans for Genes Day

### August
- **3** P&C Meeting 6:30pm
- **7** PSSA Athletics – Wee Waa; K-6 Assembly 1:00pm; 5 Cent Friday
- **14** K-6 Assembly 1:00pm; 5 Cent Friday