



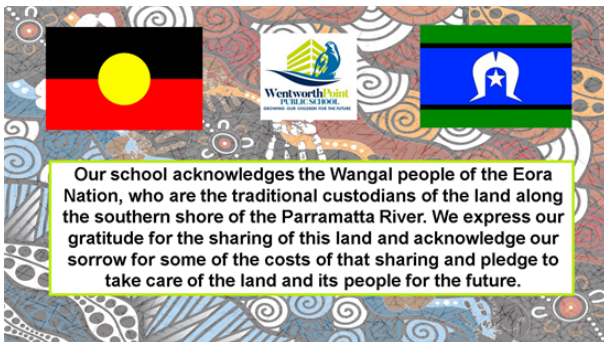
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12 August 2022


The Aquila Feed




At Wentworth Point Public School:



I care for myself.






I care for others.

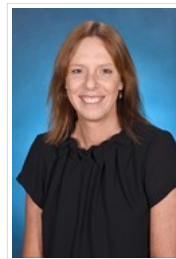


I care for the environment.

Kind hands. Kind legs. Kind words.
 We model and teach Common Courtesies.
 Say, 'Please' whenever you ask for something.
 Say, 'Thank you' when someone gives you something or does something for you.
 Say, 'Pardon' if you didn't hear what someone said.
 Say, 'Excuse me' when you walk or lean in front of people.
 When people speak to you, look at their face and listen to what they say.
 Greet people when you see them.
 Use the person's name when speaking to them.
 Eg. 'Yes, Ms Manousaridis.'
 Say, 'Please may L.' followed by your request.
 Eg. 'Please may I leave the room?'
 Knock before entering a room, walk in and stand where the teacher can see you. Wait quietly to be asked your business.
 Be on time for the beginning of lessons and excuse yourself if you are late.

School Values	Classroom	Transitions	Office	Toilets	Playground	Canteen
 I care for myself	I ask questions I persevere I speak kindly I ask for help I work towards achieving my goals I am an active listener	I walk on hard surfaces I keep my hands and feet to myself I use my inside voice when I am inside	I ask for help I say please and thank you I use my inside voice	I use the toilet at break times I wash my hands	I get lots of exercise I take turns I follow the rules of all games I walk on concrete pathways	I choose healthy food I wait for my turn I only eat my food
 I care for others	I allow others to learn I help others learn I listen to others I speak kindly I take turns	I walk on the left hand side I keep my hands and feet to myself I use my inside voice I give way to adults	I wait for my turn I say please and thank you I use my inside voice I give way to adults	I let others use the toilet I let others wash their hands I take turns	I take turns I keep my hands and feet to myself I share the sports equipment I use kind words	I only eat my food I wait for my turn I say please, thank you and excuse me
 I care for the environment	I keep my classroom neat and tidy I take care of property I put rubbish in the bin	I take care of plants by walking on the walkways	I close doors behind me	I put rubbish in the bin I turn off taps I close doors behind me	I put rubbish in the bin I walk around the gardens I take care of the sports equipment	I buy food with little packaging I throw my rubbish in the bin I recycle my rubbish

Messages from Jayne Muir, Principal



It was a privilege to attend the Wentworth Point Public School Parents and Citizens meeting on Wednesday 10 August. The meeting was an opportunity to hear from our community about previous and upcoming events and fundraising planned to support our school.

At this meeting we had discussions around road safety and concerns for students and parents in relation to cars on the road. It is of utmost importance that we work together to ensure that everyone stays safe. I know that there has been previous communication with our community regarding safety and this week I would like to share some quick facts and recommendations from the NSW Department of Education.

- The key message needs to be **Road safety is everyone's responsibility**
- As adults, we are responsible for modelling safe road usage as children copy the actions of adults
- Until children are at least 8 years old always hold your child's hand while crossing, walking on the footpath, in the car park and when crossing the road
- Between 8 and 10 years old supervise children very closely
- Children need reminders about looking out for cars entering and leaving driveways and from a parked situation.

Driving and parking safely near Wentworth Point Public School

As you are all aware the traffic around WPPS is very busy during the morning drop off and afternoon pick up time. Together we need to ensure that we help keep our children safe by remembering the following:

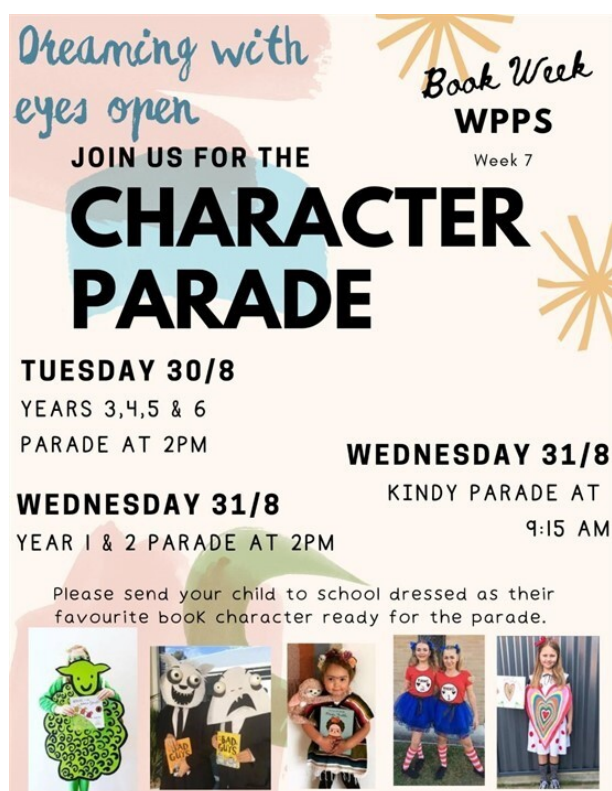
- Drop your child off on the side of the road closest to the school
- When driving your child to school, please ensure they exit the car from the 'safety door'. This is the rear door closest to the footpath.
- Take extra care in the 40km zone
- Park in a safe place even if it means walking further to enter the school gate
- Never double park- it is illegal and dangerous and puts our students at risk
- Never do a three-point turn or U-turn outside the school as it puts students at risk of harm.

Thank you in advance for your support. Below is a link to the NSW Department of Education Website with additional information to help keep our children safe.

<https://education.nsw.gov.au/parents-and-carers/wellbeing/health-and-safety/safe-travel>

Jayne Muir
Principal

Book Week



Dreaming with eyes open

Book Week
WPPS
Week 7


JOIN US FOR THE
CHARACTER PARADE

TUESDAY 30/8
YEARS 3,4,5 & 6
PARADE AT 2PM

WEDNESDAY 31/8
KINDY PARADE AT 9:15 AM

WEDNESDAY 31/8
YEAR 1 & 2 PARADE AT 2PM

Please send your child to school dressed as their favourite book character ready for the parade.



Messages from Karosha Reddy, Deputy Principal

Lost Property

We have an increasing number of jackets, jumpers, hats, drink bottles, lunch boxes and various other personal items collecting on the Lost Property table. We routinely go through lost property to return labelled items to students. There is a large

number of items that are not labelled and therefore makes it very difficult to return to its rightful owner.

We kindly ask for all parents to please assist by ensuring all items belonging to your child are clearly labelled with their first and last name.

Student Health and Medication at school

Student health and wellbeing is of high importance at Wentworth Point PS. Our staff aim to maintain up to date information for all students at our school. Parents and carers must advise the school of health conditions of their children. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child's health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as asthma and diabetes and other health care related issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents. Please provide this information in writing to the principal. This will greatly assist our school in planning to support your child's health and wellbeing.

We appreciate your assistance in this regard and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your son or daughter's health needs or as otherwise required by law.

ascia <small>australian society of allergology and immunology</small> www.allergy.org.au	ACTION PLAN FOR Allergic Reactions
Name: _____ Date of birth: _____ <div style="border: 1px solid black; width: 100px; height: 50px; margin: 5px auto; text-align: center;">Photo</div> Confirmed allergens: _____ _____ Family/emergency contact name(s): _____ Work Ph: _____ Home Ph: _____ Mobile Ph: _____ Plan prepared by: Dr _____ Signed _____ Date _____	<div style="background-color: #0056b3; color: white; padding: 2px;">MILD TO MODERATE ALLERGIC REACTION</div> <ul style="list-style-type: none"> swelling of lips, face, eyes hives or welts tingling mouth abdominal pain, vomiting (these are signs of a severe allergic reaction to <u>insects</u>) <div style="background-color: #008000; color: white; padding: 2px;">ACTION</div> <ul style="list-style-type: none"> For insect allergy, flick out sting if visible. Do not remove ticks Stay with person and call for help Give medications (if prescribed) dose: Contact family/emergency contact <div style="text-align: center; margin: 10px 0;"> Watch for <u>any one</u> of the following signs of Anaphylaxis </div> <div style="background-color: #0056b3; color: white; padding: 2px;">ANAPHYLAXIS (SEVERE ALLERGIC REACTION)</div> <ul style="list-style-type: none"> difficult/noisy breathing swelling of tongue swelling/tightness in throat difficulty talking and/or hoarse voice wheeze or persistent cough persistent dizziness or collapse pale and floppy (young children) <div style="background-color: #008000; color: white; padding: 2px;">ACTION</div> <ol style="list-style-type: none"> 1 Lay person flat, do not stand or walk. If breathing is difficult, allow to sit 2 Phone ambulance - 000 (AU), 111 (NZ), 112 (mobile) 3 Contact family/emergency contact Additional information _____ _____
Note: The ASCIA Action Plan for Allergic Reactions is for people with mild to moderate allergies, who need to avoid certain allergens. For people with severe allergies (and at risk of anaphylaxis) there are ASCIA Action Plans for Anaphylaxis, which include adrenaline autoinjector instructions.	
© ASCIA 2011. This plan was developed by ASCIA	

ascia
australian society of clinical immunology and allergy
www.allergy.org.au

ACTION PLAN FOR Anaphylaxis

For use with EpiPen® adrenaline (epinephrine) autoinjectors

Name: _____
Date of birth: _____

Confirmed allergens: _____

Family/emergency contact name(s):
1. _____
2. _____
Mobile Ph: _____
Mobile Ph: _____

Plan prepared by doctor or nurse practitioner (ng): _____

The treating doctor or np hereby authorises medications specified on this plan to be given according to the plan, as consented by the patient or parent/guardian.
Whilst this plan does not expire, review is recommended by GPs/NGPs.

Signed: _____
Date: _____

How to give EpiPen®

1. Firm fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE
2. Hold leg still and PLACE ORANGE END against outer mid thigh (with or without clothing)
3. PUSH DOWN HARD until a click is heard or felt and hold in place for 3 seconds. REMOVE EpiPen®

EpiPen® is prescribed as follows:
• EpiPen® Jr (150 mcg) for children 7.5-20kg
• EpiPen® (300 mcg) for children over 20kg and adults

Note: If adrenaline is accidentally injected (e.g. into a thumb) phone your local poisons information centre. Continue to follow this action plan for the person with the allergic reaction.

SIGNS OF MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Tingling mouth
- Hives or welts
- Abdominal pain, vomiting - these are signs of anaphylaxis for insect allergy

ACTION FOR MILD TO MODERATE ALLERGIC REACTION

- For insect allergy - flick out sting if visible
- For tick allergy seek medical help or freeze tick and let it drop off
- Stay with person, call for help and locate adrenaline autoinjector
- Give antihistamine (if prescribed)
- Phone family/emergency contact

Mild to moderate allergic reactions (such as hives or swelling) may not always occur before anaphylaxis

WATCH FOR ANY ONE OF THE FOLLOWING SIGNS OF ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- Difficult or noisy breathing
- Swelling of tongue
- Swelling or tightness in throat
- Wheeze or persistent cough
- Difficulty talking or hoarse voice
- Persistent dizziness or collapse
- Pale and floppy (young children)

ACTION FOR ANAPHYLAXIS

1. LAY PERSON FLAT - do NOT allow them to stand or walk
- If unconscious or pregnant, place in recovery position - on left side if pregnant, as shown below
- If breathing is difficult allow them to sit with legs outstretched
- Hold young children flat, not upright

2. GIVE ADRENALINE AUTOINJECTOR

3. Phone ambulance - 000 (AU) or 111 (NZ)
4. Phone family/emergency contact
5. Further adrenaline may be given if no response after 5 minutes
6. Transfer person to hospital for at least 4 hours of observation

IF IN DOUBT GIVE ADRENALINE AUTOINJECTOR

Commence CPR at any time if person is unresponsive and not breathing normally

ALWAYS GIVE ADRENALINE AUTOINJECTOR FIRST, and then asthma reliever puffer if someone with known asthma and allergy to food, insects or medication has SUDDEN BREATHING DIFFICULTY (including wheeze, persistent cough or hoarse voice) even if there are no skin symptoms

Asthma reliever medication prescribed: Y N



The foundation takes a holistic approach to education outcomes aligning with schools and community leaders to build on the innate strength within the community to develop the capability of young people. Please use the link to learn more about the Community Spirit Foundation

Thank you to our community in supporting our NAIDOC fundraiser.

Growing Strong Minds

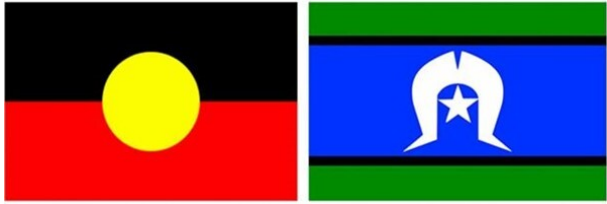
In 2020, the school first met with Nicole Nossiter, found of Growing Strong Minds, to better understand a strengths-based approach to student wellbeing that is evidence and research based. Due to COVID19 disruption over the last two years our school’s implementation of Growing Strong Minds had been paused.

Growing Strong Minds is a whole school approach to character development and emotional and mental wellbeing. Every person has a combination of 24-character strengths and if developed they can have a significant positive impact on their lives. Research has shown that using your character strengths can help to protect against, manage and overcome problems, improve relationships and enhance health and wellbeing. Character Strengths are the positive parts of your personality that impact how you think, feel and behave, and are the keys to being your best self. Character strengths form a central part of a Positive Education model because using these capacities helps us to nurture our relationships, overcome challenges and flourish.



NAIDOC Week Fundraiser – Community Spirit Foundation

At the start of Term 3, students and staff across the school participated in a range of indoor and outdoor activities to build our understanding of the history and culture of the First Nations peoples. One of the activities in the week was the NAIDOC mufti where students came to school wearing the colours of the Aboriginal and Toress Strait Islander flags, and made a gold coin donation.



Our NAIDOC week mufti raised \$200.00 for the Community Spirit Foundation, formerly known as the Cathy Freeman Foundation. The Community Spirit Foundation continues the Foundation's legacy to create long-term sustainable programs led by First Nations Peoples in remote communities.



Through each newsletter we will share a few of the character strengths that students will be learning at school. As we are only at the start of our Growing Strong Minds journey, each class will be exploring strengths at a different pace.

If you would like to learn to about your character strengths please use the following link to complete the VIA Character Strength survey.

STAFF CHART		CHARACTER STRENGTHS What are your top strengths?				GROWING STRONG TOGETHER
Creativity I come up with original ideas. I use my imagination.	Bravery I show courage. I stand up for what is right.	Love I value being close to others.	Fairness I treat people equally.	Self-Regulation I know how to manage my emotions and behaviour.	Gratitude I appreciate what I have. I am also thankful when good things happen.	
Curiousity I like asking questions, and am interested in new things.	Energy I am eager and full of enthusiasm. I live life to the full.	Kindness I show care and compassion to myself and others.	Appreciation of Beauty & Excellence I notice and enjoy the beauty in nature and life.	Forgiveness I give myself a second chance. I notice and enjoy the beauty in nature and life.	Humour I am funny and playful and enjoy making others laugh.	
Love of Learning I enjoy learning new things.	Perseverance I keep trying, even when things are difficult.	Social Intelligence I understand people well and can get along well in different settings.	Teamwork I work well with others.	Humility I know what I am good at, without trying to bring about my accomplishments.	Spirituality I think deeply about life and have faith in something that reassures me.	
Open-Mindedness I think things through and am open to different people and ideas.	Authenticity I am honest and true to myself.	Perspective I know what's important and can offer good insight.	Leadership I encourage, support, and provide direction to others.	Prudence I am careful about making choices.	Hope I expect the best for my future.	

Karosha Reddy
Deputy Principal

Swim Scheme

The NSW School Sport Unit supports schools in delivering an intensive swimming and water safety program for students in Year 2 and above. We are very excited to offer this very valuable program to our school community for the first time, since Wentworth Point PS opened in 2018.



The 10-day swimming and water safety program builds water safety skills and confidence in students learning to swim. Focus is on the development of correct swimming techniques and the development of water safety confidence. Lessons are provided by qualified swim staff.

There limited spaces to participate in the program. Students who have secured a place by providing their permission note and making payment, will receive a confirmation letter from Miss Andrews and Miss Zacharia.

Students who have only paid a deposit, payment for the amount outstanding is now required.

Swim Scheme starts on **Monday 15th August** till **Friday 26th August** (Week 5 and 6) at **Auburn Ruth Everuss Aquatic Centre**. Students will receive a 45-minute lesson each day. Students must come to school each morning wearing their swimmers under their school uniform.

What each student needs to bring:

- School uniform (to be worn to and from Aquatic Centre)
- Swimming costume
- Goggles (optional)
- Towel
- Plastic Bag (for wet towel and costume)
- Underwear

Please ensure that all items brought to and from the aquatic centre are clearly labelled with your child's name.

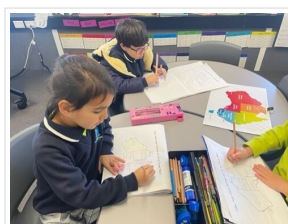
All students are ambassadors of Wentworth Point Public School and are expected to demonstrate the school values at all times.

We look forward to a wonderful experience with Swim Scheme 2022 for students, staff and parents.

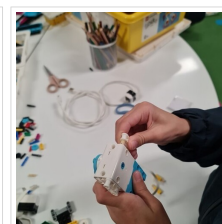
Thank you for your support
Swim Scheme Team

SUGAR GLIDING AROUND AUSTRALIA!

The Sugar Gliders have been learning about Australia, the 6 states, 2 territories and their capital cities. We read Possum Magic and looked at where the two characters: Grandma Poss and Hush travelled eating Australian foods to make her visible again. We are now experts at the geography of Australia. Feel free to ask us where the states and capital cities are! Here are some photos of us hard at work.



STEM Projects in the Tigers



In Tigers, we used LegoSpike to build SpikeMobile. We are learning fundamental block coding to code SpikeMobile. As the term progresses, students will learn to build collaborative skills, creative, creative and to be critical thinkers through various STEM projects.



Talking about the future...

This week, the Flamingos embraced this year's theme for education week by discussing the importance of education in shaping futures. The students had great fun sharing the details of their hopes and dreams for the future. The Flamingos also explored a range of historical and celebrity biographies and enjoyed their attempt at creating their own biographies.

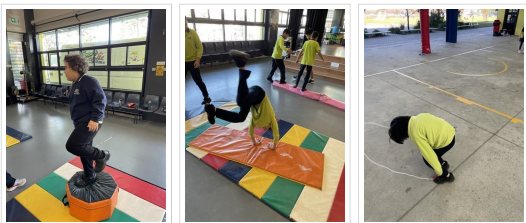


Orions participate in sport to keep ourselves healthy and active!



Students in the Orions enjoy participating in school sports and carnivals. Last term, students actively participated in the Sport in Schools program learning athletics, teamwork and gymnastic skills. During school sports students participated in games and skills such as skipping. This week students eagerly participated at the schools Athletics Carnival by competing in running events and some even participating in field events.

The Orions work with the other classes learning important skills of teamwork, taking turns and keeping physically active. We look forward to continuing participating in school sports. Keeping active not only keeps students' bodies healthy, but their minds as well. Orions look forward to competing in more sports events during the rest of the year!



Athletics Carnival

Wentworth Point Public School participated in our first 3-6 Athletics carnival in three years, and it was worth the wait!

Congratulations to Fraser house for winning the carnival with the most house points.

What a way to finish the day with the teachers winning the annual teachers vs parents vs students relay race. Well done to Ms Yeung, Ms Zacharia, Ms Hong and Ms Tavakol for bringing home the gold to the staffroom.



Congratulation to the 53 students who qualified to represent Wentworth Point PS at the Zone Athletics carnival on Monday

15 August. Students who achieve qualifying targets for their event will have an opportunity to participate at the regional carnival.

At school, the SISA team (Sports in Schools Australia) worked with class teachers to run the K-2 Sports Carnival. This was an equally exciting event for all students in Kindergarten, Year 1 and Year 2. Students participated in a range of sporting activities that tested athletic skills, fundamental movement skills and teamwork.



We are very proud of the effort, enthusiasm and participation of all students at the K-2 and 3-6 carnivals.

Chess



Level 1 30A George St, Burwood 2134
Office: (02) 9745 1170

WPPS CHESS TUITION – Term 3

Learn to be a chess champion! Coaching for students at Wentworth Point Public School is held on **Thursdays from 10:45am to 11:30am**.

Learning and playing chess helps children develop their logical thinking and problem-solving skills, improves their concentration and focus, while also being a great source of enjoyment. Activities include group lessons on a demonstration chess board or interactive whiteboard, puzzle solving and fun practice games.

To enrol please visit the link below.

<http://www.sydneyacademyofchess.com.au/payment>

Enter the code **P3V4LHWTQ9** and fill in the electronic form, with your child's details.

For all payments and enquiries, please contact Sydney Academy of Chess on (02) 9745 1170.

Choose Healthy Eating

