

## Up & Coming Events Term 2

### Week 8

#### •Monday 17 June

LPAF Small School  
Choir rehearsal

#### •Tuesday 18 June

Canteen

#### •Thursday 20 June

Spelling Bee -

#### •Saturday 22 June

Lantern Parade

### Week 9

#### •Tuesday 25 June

LPAF Band rehearsal

#### •Wednesday 26 June

Science & Engineering  
Day - SCU

### Week 10

#### •Tuesday 2 July

Japanese Drumming

## P & C News

### Week 10

#### Thur 4 July-

General meeting-  
5.30pm in the School  
Library.

The more  
that you read,  
the more things  
you will know.  
The more that you  
learn,  
the more places you'll go.



Term 2 Week 7

Thursday, 13 June 2019

## World Environment Day Excursion

Last Thursday our students went into the Lismore Waste Facility and participated in the World Environment Day Activities. What a beautiful day it was to be outside and enjoying all of the various activities. The students and Mr Nolan were all very enthusiastically participating in Recycled Instruments Band, singing, clapping, drumming and taping along to the beat.

We would like to take this opportunity to thank Barb Jensen from Lismore City Council for funding this as well as organising such a successful and educational day, and Mr Nolan and Mrs Whitehall for taking our students and having such a fun day with them.

To see more photos please go onto our Facebook page.





# MEET OUR STAFF

## Mrs Karina Offley - *Learning & Support Teacher*

**A little bit about you** - I live on a farm with my husband and 3 busy boys, Lachlan (14), Lucas (11) and Chase (4). We have a herd of cattle, chooks and a little dog called Eddie. I have been teaching since 2002, I also teach Kindergarten at Lismore South PS.

**What makes you happy?** Spending time in nature with my favourite people.

**What do you like most about Wyrallah Public School?** Building relationships with families.

**At which store would you max out your credit card?** Bunnings!



## From WPS P & C Committee

### *Outside of School Hours Care - Before and after school*

The P & C would like to collect expressions of interest from families that would be interested in using an Outside of School Hours Care for their children enrolled at our school. Previously we did not have enough interest but we believe that peoples circumstances change and that this service could be very beneficial to many of our families and potential families. This service is run by professional carers and would be provided within our school and would start at 6-6.30 am and finish at 6-6.30pm. There is a minimum number required to run this at our school.

Please complete the attached expression of interest for and return it to school as soon as possible.

P&C Secretary  
Kristi Smith

## Scholastic Book Club

**ORDERS DUE Friday 21 June**

**Every purchase from Scholastic Book Club helps the school to buy extra classroom resources.**

The easiest way for families to order and pay for Book Club is to use the online **LOOP** platform. This will ensure that students get their orders, which are delivered to school for free, and that the correct payment is received. Please use the link to register and start your order [www.scholastic.com.au/loop](http://www.scholastic.com.au/loop) . **LOOP** is also available as an app, for both apple and Android devices.

**Families who order via LOOP will receive a free reusable book bag with their second order for the year, and a poster and bookmark for those who place their third order.**

For cash payments, please ensure you have the correct money and that the envelope is securely sealed with your completed order form. This makes it a lot smoother to process all orders and ensures the order can be submitted to Scholastic in a timely manner. Thank you to everyone who has ordered from Book Club previously. Your support, in ordering from Book Club, has allowed the school to buy additional books and classroom supplies.



# Canteen—Tuesday 18 June

Attached to this newsletter is the order form for next weeks canteen. Delicious Hotdogs and Baked potatoes with a choice of toppings is on the menu. Yum. Please complete and return to school by Monday 17 June.

## Enrichment Day Excursion

Yesterday our students went into Lismore and attended the Lismore Regional Gallery and had a tour of the Archibald Art Prize Exhibition which was amazing. While there we were all very lucky for Geoff Hannah to show us his magnificent cabinet and it's many drawers. What craftsmanship! After a recess break in The Quad grounds the students then attended the Lismore Library and got a tour of this wonderful resource within our community. When the tour concluded the students had Storytime after which they got to participate in some craft activities making a creative shark book mark. The students then had a short walk around to Heritage Park and were lucky enough to finish off such a wonderful day with Mr Grey giving them a ride on the Mini Rail. Thank you Mrs Fahy and Serene for organising this excursion and all of your help, WPS P&C for funding the excursion, our wonderful parents, Wendy and Angela who came along to help, Mr Grey for our train ride and Mrs Scurr for her help.

How lucky are our students!





# Wyrallah Public School P&C Association

Breckenridge Street, WYRALLAH NSW 2480

Telephone: 02 6629 8246 Fax: 02 6629 8497

Email: [wyrallah-p.school@det.nsw.edu.au](mailto:wyrallah-p.school@det.nsw.edu.au)

## General Meeting

Minutes recorded by Kristi Smith

Date 06/06/2019

### **Meeting Opened 5.45pm**

**Present:** Ben Clift, Johanna Kempff, Wendy Moodie, James Quinn, Kristi Smith

**Apologies:** Lisa Fahy, Nick Earnshaw, Charlotte Walker, Angela Knapen

**Minutes from previous meeting:** Read by Secretary

**Minutes amended and Accepted:** Moved as read by James, seconded by Wendy.

### **Business arising from previous minutes:**

Excursion commencing Wednesday 12<sup>th</sup> – Archibald prize and heritage park, P&C paying Lantern parade upcoming 22<sup>nd</sup> June

**Correspondence in:** Moon and back school gifts, Smart gift ideas, Pocket money treasures – Father's day, Sydney Markets Ltd, LW Reid, Aus Charities Commission, ACNC- AIS 2018.

**Correspondence out::** nil

### **Treasurer's Report:**

Opening balance \$9343.72

Closing balance \$9601.17

Moved to be accepted: James Second: Ben Report accepted

### **Principal's Report:**

Absent -Lisa Fahy

### **Sub – Committee's**

Clothing pool –

Canteen –

Kids in the Kitchen- Ongoing

### **General Business:**

*Ideas for next cross country:*

Restructure lunches – separate fridge/esky for prepaid drinks, Keep some hot foods cool to keep aside and reheat later if needed, Cook in ovens first- keep warmer on low, More iceblocks, Keep prices- good. Give list of bake/slice/cake ideas so all not the same- possible baking allocations. Ask all school to bring own shades, no-one in COLA- too much noise, keep for officials only. No children serving- more adult help. Washing basket/box system for each schools lunches- gets delivered to each school tent separately for their own school to give out to students within certain time period.

*Ideas for Xmas party:* Awards separate to party, allocate certain time for food- cut off times

*Newsletter* expressions of interest for before and after school care.

**Next meeting July 4<sup>th</sup> 5:30pm**

**Meeting Closed: 6:30pm**



## Why Some Kids Fall Apart When They Get Home From School

### At a Glance

It's common for kids to be upset or fall apart when they get home from school. If it happens a lot, there may be challenges at school causing extra stress. There are ways to help your child cope with overwhelming feelings at the end of the day.

*Picture this scenario:* You send your child off to school happy and ready to start the day. Then after school, your child comes home grouchy and touchy—and falls apart. You reach out to the teacher to see if your child seemed on edge at school, too. But you find out your child was fine all day.

You wonder, *why does this happen?* What happened between the seemingly good day at school and what you're seeing at home? What's up with this daily bad mood? You may even wonder if it's something about *you* that makes your child come home from school so angry or upset.

Find out why kids may come home from an ordinary day at school and fall apart as soon as they walk in the door.

### What You Might Be Seeing

It's pretty common to send a cheerful child off to school—and then at the end of the day, that same child yells at you, whines, cries, or refuses to do anything you ask. And it's natural to feel confused or frustrated about it. You may notice it as soon as you pick your child up from the bus stop or afterschool care. Eager to learn about your child's day, you ask a simple question, like "How was school today?" In return, your child snaps at you. "*Fine!*"

So, you try a little harder. "What did you do in math? Did you get a good book from the library?" But sometimes it seems like the harder you try, the grouchier your child becomes. You may get stony silence as an answer. Or a request to stop asking so many questions. Your child may burst into tears or even start throwing or hitting things.

These reactions can seem unexpected. They may feel very personal. After all, you're just trying to connect and express interest. But it's likely the outbursts have nothing to do with anything you did.

### What Can Cause Afterschool Outbursts

There are a lot of reasons why kids fall apart at the end of a school day. Going to school all day is tiring for many kids. For some, it's completely exhausting.

Think of how you feel at the end of a hard day at work. Chances are you don't *always* feel good, even if you're trying your best. Maybe you had too many things to juggle and you forgot to do something. Or maybe you weren't able to take a break and recharge.

For some kids, school can feel the same way. They spend the whole day trying to sit still, focus, answer questions, and complete classwork. On top of that, there are rules, routines, and classroom expectations to keep in mind. And they have to try to get along with other students.

Like a hard day at work, all of that can be physically and mentally draining. Most of the time, adults have self-control and use coping skills to avoid taking it out on the people they come home to. Together, those skills are sometimes referred to as self-regulation.

Kids don't always have those skills yet. Many learn them just by watching other people model them. But some kids learn and think differently and don't pick up those skills as easily—they need to be taught ways to self-regulate.



Those same kids may also be more sensitive than others to all the demands of school. By the end of the day, they don't have any energy left to keep it together. They may not even know that they're overwhelmed or be able to explain that having to answer questions is going to push them over the edge.

This situation isn't all bad. It's actually good that kids who fall apart wait until they get home. It means that home is where they feel safe to express themselves. They trust that the people there will continue to love them and help them learn how to calm down no matter how badly they act.

### How to Manage Afterschool Outbursts

It's not easy to see your child get upset or angry, especially when you bear the brunt of it. It's hard for your child, too. It doesn't feel good to fall apart and not know how to get it together. It can be embarrassing to act out that way.

There are some simple things you can do to help your child cope with overwhelming feelings at the end of the day. Here are a few you can try.

**Double-check with the teacher.** Your child may not be falling apart in the classroom, but there may be things going on that are causing stress. It's OK to keep checking in with the teacher. Find out if your child is struggling in any areas, and make sure things are going well with friends and other students. You may want to specifically ask the teacher to look out for bullying or teasing. Sometimes if a child doesn't mention it to a teacher, bullying can go unnoticed.

**Offer an afterschool snack.** Some kids get "hangry," or cranky when they're hungry. Get ahead of that by making sure your child has a snack and a drink ready for afterschool. You can even pack it in your child's backpack for the trip home or to eat before afterschool activities.

**Sit with the silence.** Keep in mind how *you* feel about being peppered with questions at the end of a tough day. As much as you may want to know how the school day was, it can be better to leave the questions about school for later. Most kids need some time to chill out before talking about their day.

**Provide a friendly opening for conversation.** You don't have to ask questions to connect and let your child know you want more. You can just say, "I'm glad to see you!" or "It's good to be home with you. Let me know when you'd like to tell me about your day." That lets your child know you're there and ready to listen at any time. It also reinforces that home is an emotionally safe place.

**Rethink the homework routine.** Going from a full day at school directly into homework can be hard, especially for kids who struggle with schoolwork. Try having a dedicated homework spot and time, but don't forget to let your child just be a kid first. Reading, playing, or just doing nothing first can give your child a needed brain break to refresh and regroup.

**Find ways to help your child cope with outbursts.** You may not always be able to ward them off, but you can find better ways for both you and your child to cope. There's a difference between a tantrum that kids can eventually get control of and a meltdown that's beyond their control. Explore ideas for tantrums to create a plan that will work for your family. And learn more about the difference between tantrums and meltdowns. Keep in mind, too, that you're not the only family dealing with this. Consider talking to a friend or two and asking if they've experienced afterschool outbursts and what worked for them.

If you're still seeing the same behaviour even after making some changes, try using a frustration log to keep track of when and how your child gets upset. You may want to share what you're seeing with your child's paediatrician or the school. You can work together to get to the bottom of what's happening and figure out next steps.

### Key Takeaways

School is physically and mentally draining for lots of kids.

They may not yet have coping skills to deal with frustration and feel safe to "let it out" at home.

Let your child know you're there to listen and help find solutions.

*About the Author: **Amanda Morin** worked as a classroom teacher and as an early intervention specialist for 10 years. She is the author of *The Everything Parent's Guide to Special Education*. Two of her children have learning differences. Article on website: <https://www.understood.org/en>*

# Kids in the Kitchen Recipe

## Rainbow Rice Paper Rolls

### Ingredients

rice paper wrappers  
fresh coriander sprigs  
fresh mint leaves  
carrots, cut into matchsticks  
Lebanese cucumbers, deseeded, cut into matchsticks  
bean sprouts  
red capsicum cut into match sticks  
Shredded lettuce  
shredded bbq chicken  
cooked and rinsed rice vermicelli noodles

### Method

Dip 1 rice paper wrapper in warm water for 10-20 seconds or until starting to soften.  
Place on a work surface.  
Top with the above ingredients  
Fold in ends and roll up firmly to enclose.  
Repeat with the remaining wrappers and serve with dipping sauce.

## Dipping Sauce

### Ingredients

1 finely sliced chilli  
3 garlic cloves finely sliced  
juice of 1 lemon  
1 tablespoon of red wine vinegar  
2 teaspoons of caster sugar  
2 teaspoons of rice wine  
2 tablespoons of soya sauce  
1 teaspoon of fish sauce (optional)

### Method

Combine all ingredients and serve alongside rice paper rolls.





# Early Childhood Music

WITH  
**Felicity Clifton**  
\$7 PER CLASS

Sprouts (1-3 Yrs old) - Tuesday 9:30am

Seedlings (3-5 Yrs old) - Tuesday 10:30am

NORTHERN RIVERS CONSERVATORIUM



For information  
& enrolments —  
[nrcac.edu.au](http://nrcac.edu.au)



## Intro Musos

6 week music course for 5-8 year olds

WITH ROCHELLE WRIGHT

This exciting course introduces singing, percussion and instrument playing from our range of instrument resources. Children will learn the foundations of musical notation and music concepts through song, rhythm and movement. There will be visits from our inspiring tutors to demonstrate a variety of instruments, opening up the possibilities of what and how you can learn!

Thursday 25 July - 29 August 4-5pm

NORTHERN RIVERS CONSERVATORIUM

COST \$78 FOR 6 WEEKS



For information  
[admin@nrcac.edu.au](mailto:admin@nrcac.edu.au)  
Ph 6621 2266

# JUNIOR BOOK CLUB

Ages 8-13

## Lismore Library

Last Thursday of the Month  
4-5pm

Phone Lismore Library on 02 6621 2464  
for more information.

**Richmond Tweed Regional Library**  
Connect. Discover. Escape.





# BEFORE & AFTER SCHOOL CARE

## Expression of interest

Hello families,

We would like to collect expressions of interest for Before and After School Care at Wyrallah Public School. So far we have not got outside school care arranged due to a lack of interest however if this would be beneficial to your family, then please fill out the day and time allocations it is required. Please know minimum numbers are required for Outside school hours care to be put in place.

Hours are generally 6/6:30-9am and 3pm-6/6:30PM but will be specified if put in place/

Name of student: \_\_\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	AM	AM	AM	AM
PM	PM	PM	PM	PM

*Please return as soon as possible*



## Winter Jackets

Winter jackets are available to purchase for \$50.00 each from the school office. With the days getting cooler we would like to encourage our families to send their children to school in their school uniforms.

