



WELLINGTON PUBLIC SCHOOL

Where every child is known, valued and cared for.

PRINCIPAL'S MESSAGE

Our new Term has started very well.

This week we hold our annual Mother's Day stall on Thursday the 9th May. My thanks to the P&C for all of their efforts in organising the day. Please support them this week by providing your children with some money for gifts. Details are included.

It has been remiss of me to not acknowledge here the efforts of Karl Tasker in his State swimming last Term. Karl won a bronze medal in 100m freestyle and a silver medal in the back stroke. Well done Karl you have been very successful at State level for a long time. Outstanding!!



This Friday 10th May is also Cross Country Day. We are all hoping it is a great day for running.

Have a great week,

Darryl Thompson

CROSS COUNTRY

HI ALL!

The Cross Country will be held this Friday, 10th of May.

Just a reminder, all students in Year 2 who are turning 8 this year will participate. This year, due to safety concerns, the students will run around the inside of the fence.

Students who are turning 8, 9 and 10 will need to be down at Pioneer by 10.20am. They will be running 2000m.

10.30am 8/9yrs boys

10.45am 8/9yrs girls

11.00am 10yrs boys

11.10am 10yrs girls

The following age divisions will need to walk down to Pioneer after recess. They will be running 3000m.

12.10pm 11yrs boys

12.20pm 11yrs girls

12.30pm 12/13yrs boys

12.40pm 12/13yrs girls

Please remind students that they should have a hat, appropriate shoes to run in, any asthma medication that they may need and a drink bottle.





WELLINGTON PUBLIC SCHOOL



P&C Fundraiser

Mothers Day Stall

Thursday 9th May

Gifts range from

\$2 - \$10

**Some new and exciting
gifts will be available.**

Don't miss out!!

**Students will be allocated class times to
attend the stall between 9am - 11am**

P&C are fundraising for the School Beautification projects





WELLINGTON PUBLIC SCHOOL



P&C Fundraiser Mother's Day Breakfast

You're invited to a Mothers Day Breakfast with me.
You can enjoy either a

*Croissant 🥐 or *Cheese and bacon roll 🧀 🥓
as well as a cup of Tea/Coffee or Juice. ☕ 🥤

So come and enjoy some time with me, while I show you
how much I Love and appreciate all that you do for me.

When? Friday 10th May
Where? Gould League Hall
Cost? \$5 per person
Time? 8am - 9:30am

Please Complete form below and return by Wednesday 8th May

Mother's Day Breakfast Pre-Order Form

Eldest Child's Name

Eldest Child's Class

*Croissant 🥐 Quantity required

*Cheese & Bacon Roll 🧀 🥓 Quantity required

Money Enclosed @ \$5.00 per meal

P&C are fundraising for the School Beautification projects





Marang Dhali – Eating Well Food and Cooking Program Wellington Public School

Would you like to learn more about cooking
healthy food at home?

What to feed the kids and how to make your food dollar go
further?

Suitable for first-time or experienced cooks.



Are you interested in coming along - sharing ideas, meeting people, cooking
and eating? These **Adult** Cooking sessions will be on Mondays during Term
2 (1:00-2:30) and will run for 6 weeks.

****For further details or to register your interest please return the
slip below by 7th May or ring Wellington Public School on 68454080.**



I am interested in participating in the Marang Dhali Cooking Program at Wellington Public School

Name:

Contact Number:

Signed:

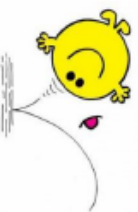
Troppo Magic

Amazing & Mystifying Comedy Magical Entertainment

BUILDING RESILIENCE

SHOW

Learn to
Bounce
Back



Presenting
Troppo Bob
Comedy Magic
Entertainment
At it's Best

Cost: \$5 Per Student

Date:

Monday 13th May

(Week 3)

Troppo Magic

Amazing & Mystifying Comedy Magical Entertainment

What is Resilience?

When we talk about resilience, we're talking about a child's ability to cope with ups and downs, and bounce back from the challenges they experience during childhood - for example moving home, changing schools, studying for an exam or dealing with the death of a loved one. Building resilience helps children not only to deal with current difficulties that are a part of everyday life, but also to develop the basic skills and habits that will help them deal with challenges later in life, during adolescence and adulthood.



At Troppo Magic we also believe that Resilience Beats Bullying and offer an opportunity for students (via sensory and cognitive appreciation and through the medium of comedy magic) to learn lessons for life which build inner strength (resilience) and encourage students to bounce back from life's challenges, learn from mistakes and not to give up.

Troppo Magic's Building Resilience Show also supports the National Safe Schools Framework and is designed to complement each school's Anti-Bullying Strategy.



PARENT INFORMATION

The Positive Living Skills Program: Parent and Carers Newsletter

Unit Name: **Highlights**

Parents, carers and families are an integral part of the Positive Living Skills Initiative.

The Positive Living Skills program is a universal and practical program designed specifically for children from Preschool onwards, and the principles and positive effects of the learning experiences can reach teachers, school staff, parents, families and wider communities.

The goal is to prevent problems before they develop, by implementing a positive life skills program from an early age. The Positive Living Skills program assists to create habitual positive, healthy supportive behaviours by guiding children to learn to understand and self-direct their own thinking processes, emotions, actions, responses and outcomes, and build effective self-management and social skills.

Noticing and enjoying **highlights** is an effective way for us to bring our focus to the positive opportunities all around us, and highlights are available to almost every human being on any day.

When students learn to bring their focus to highlights every day, they begin to build an optimistic and appreciative outlook for life, and learn to focus on building on their strengths and seeing the potential in themselves, in School and in life in general.

Definition of Highlights:

*Highlights are happy things you see and do and happy times you share with others.
Highlights help you feel good.*

Why Highlights?

A highlight is any simple pleasure, little treasure, joy, positive feeling, meaningful experience, magic moment or anything that lifts the quality of any day for any person.

Taking just a moment, at any time of the day or evening, to stop, and focus on the moment you are experiencing, can connect you with a sense of love and joy that can become a highlight in your day, and connect you with a positive feeling of happiness and appreciation that can be built on.

Science is showing us that if we allow our brain to fully take in the positive highlight we are experiencing, it can begin to re-wire our neurology so we can build skills to enable us to create a positive experience at any time and thus hard-wire ourselves for happiness and positivity.

According to Dr Terry Orlick, there are 7 Sources of Highlights, which are self-generated, and available in some form to virtually all human beings, almost every day.

1. Positive Human Interaction, e.g., *sharing a smile or laugh, a genuine positive comment, a hug or caring gesture*
2. Positive Interaction with Nature, e.g., *the smell of freshly cut grass, noticing a beautiful tree, a bird song, sunlight on the water,*
3. Positive Connection through Play, Games, Sport, Physical Activity, e.g., *teams or play, any movement*
4. Positive Personal Accomplishments, e.g., *finishing a project, achieving a goal in any pursuit*
5. Positive Personal Discovery or Creativity, e.g., *learning, creating, growing, solving a problem*
6. Positive Physical Sensations, e.g., *feel of a warm bath, cool water on a hot day, a relaxing massage*
7. Pure Relaxation, e.g., *a few deep breaths, a quiet moment*

PARENT INFORMATION

Highlight experiences allow children, young people and adults to self-direct their neuroplasticity to a more positive, realistically optimistic bias, by embracing simple positive moments that bring joy and an enhanced quality to life.

When children and young people begin to connect more fully with highlights, they also begin to feel the immediate effects of a positive fully connected focus, which can enhance self-esteem and learning.

When children are guided to look for, acknowledge and appreciate the positive aspects in each day, their ability to perceive highlights improves and they begin to experience more highlights, experience more fulfilment, and share more highlights with others.

The Happy Highlight Clicker

A Highlight Clicker is a great way to help people of all ages learn how to click on to a Happy Channel and click off a Negative or Stressed Channel.

One of the fastest and most interactive ways to help children to bring their focus to the positive, so they feel happier, less stressed and more confident within themselves in any context, is to introduce them to clicking Highlights.

- Counting highlights in your day – any time of day – click!
- Counting the highlights you are looking forward to today, tonight, tomorrow, next week – click!
- Changing your channel from negative to positive – click!
- How many things can I appreciate about today/right now? – click!
- What and who do I have to be grateful for right now? – click!
- How many things can I count that are positive about in my life in one minute?
- How many highlights can I find in a 5-minute walk outside? In Nature? Play? Discovery? Human Interaction? Click! Click! Click!



Sharing and counting highlights and reflecting on them brings a positive and lasting focus to children and adults alike.

Here are some ideas for how to apply highlight concepts into your home life:

As well as applying the Highlights lessons within the delivery of the Positive Living Skills program, here are some suggestions for how the concepts within this Unit could be applied at home:

- Asking your children to share the highlights of their school day will embed and expand on positive experiences
- Sharing highlights amongst family members over a meal is a powerful way for families to positively connect and enhance a shared positive outlook
- When children have nothing to do encourage them to create their own Highlight games ie; think of new ways to teach people about highlights, to encourage their friends to share highlights
- Encourage your children to think of people in their lives they could make a positive comment to and thereby giving the other person a highlight moment
- Encourage your family to share one thing you each love, appreciate, value or respect about each other or appreciate about your family, friends, teacher etc
- Encourage your children to share with you something they like or are proud about within themselves

***For more information about the Positive Living Skills program, and to access free resources from the Positive Living Skills family link, visit www.positivelivingskills.com

WHAT'S HAPPENING IN MAY?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
	SRC Badge Ceremony 5 9am	6	7	Mother's Day Stall 8 9am-11am	9	Cross Country Mother's Day Breakfast 8am -9:30am 10
12	Go Troppo Performance	13	Real Madrid Commences NAPLAN 14	NAPLAN 15	NAPLAN 16	NAPLAN 17
19	NAPLAN	20	UNSW Science Visit NAPLAN 21	NS Story time 11am NAPLAN 22	NAPLAN 23	NAPLAN 24
26	Rugby KO Dubbo	27	28	Rugby League GALA Day 29	30	Year 2 Excursion Red Hill 31



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School APP:
Download the WPS App for regular school updates



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<https://www.facebook.com/WellingtonPublicSchool/>

