

### SWPBS Awards

Last week at assembly many students received awards for trading 25 links. We presented bronze, silver and gold awards. Congratulations to the following students.

**Bronze Award**  
Charlee Beckett  
DJ Collins  
Ben Webb  
Tyleasha Lyons  
Chloe Price  
Zali Burkitt



**Silver Award**  
Teresa Marcuzzi  
Liam Watson

**Gold Award**  
Jenna Barton  
Blake Tanner

*Teachers on yard duty are presenting links for being a good friend. This includes including people, looking after people who are sad, following rules in games and being respectful of each other.*

### Canteen News

**New Product!** I have just introduced Devondale Fruit and Milk Smoothies to the canteen. They can be ordered as a drink for lunch, or purchased over the counter. Flavours are Tropical, Strawberry- Banana, and Mixed Berry. They are classed as a "green everyday food" under Victoria's School Canteen Policy, come in a 200ml carton with a straw and cost \$1.50. As a fruit based drink with no added sugar, they have a slight tang to the flavour, a little like yoghurt. All my taste testers have enjoyed the flavours mentioned above. Why not give them a try?



#### Roster - August:

Wed 13th Sam Boatwood  
Thu 14th Jill Hedditch  
Fri 15th Teresa Booth

#### Grade 6 Assistants:

11-15 August: Brock Thompson and Jordan Melbourne.

Susan Edwards,  
Canteen Manager

### Year 2 Stories

#### Spaghetti Towers - Judd Gavrilovic - grade 2

One day on a Tuesday in Rich Task some children were wondering what they were going to do. Then they noticed that they were making Spaghetti Towers from marshmallows and raw spaghetti. So they all started to build a tower of spaghetti and soon it was finished. Yo and Lachlan made a spaghetti and marshmallow museum.



#### Spaghetti Towers - Maxene Velasco - grade 2

One day our class made spaghetti towers. Miss D put us in groups so it was fun. Some people made cool designs. it was really wobbly. My group worked really hard because we were trying to make a house but there was no time so we made a spaghetti boxing area instead. Miss D took photos while we were making our towers. It was really good because whoever made the best one got a prize.



#### Spaghetti Towers - Jay Bonnell - grade 2

My group, Troy, Leigh and me made spaghetti towers together. We made a castle tower with marshmallows and raw spaghetti, it was hard because it was big and tall.

### Coming Soon!

Wodonga West Primary School Concert  
Tuesday September 2nd, 2014  
One Show Only!



### Music Lessons

Music lessons for piano, keyboard, piano accordion and guitar are held at school during school hours every Thursday.  
Phone Heather Wilson 60256480



Thursday 7th August 2014

Term 3

Issue No. 10

**ASSEMBLY Monday 11th August Foundation 01B & 01C Held in The Gym 9am Start**

### IMPORTANT DATES TO REMEMBER

Friday 15th August Athletic Carnival Years 3-6 "Pearce Street Athletic Complex"  
Friday 15th August Craft Afternoon held in the Child Care Centre 1:30pm-3:20pm  
September 1st - 5th Arts Festival 'Galvin Hall' Woodland Street



Be Safe

Be Respectful

Be A Learner

### Principal's Report.

Dear Parents/Caregivers,  
Improving Academic Achievement



By showing your interest in your child's learning, and by holding high expectations for your child, you can develop attitudes that lead to school success. Here are some way you can improve academic achievement.



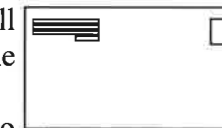
Make homework a priority. Provide a quiet, well lit place for your child to study. Make sure you have some basis "tools of the trade" - a dictionary, a ruler, pens and pencils.

Establish a regular study time. Expect your child to spend some time on school work every day, your child can read a book for the allotted time. During study time, the television should be off and the telephone calls should be returned later. Today's news is history in the making, Watch the evening news together. Talk about current events at the dinner table. Choose one or two stories to follow closely. Read more about them in newspapers and magazines.

Reward your child for doing well. However, keep in mind that always offering money or presents for special accomplishments will leave the impression that people should work only for rewards....and not for the pride of doing well. Try rewarding outstanding performance with *time together*. Let your "star" choose an activity for the whole family to enjoy - a picnic, watching a favourite movie, etc. Turn your child into a teacher. You play the part of the student. As they teach you, they will be absorbing important information.

### Parent Opinion Surveys

This year we have invited all families to participate in the annual Parent Opinion Survey. Tomorrow is the last chance to return these to the school. We seek and value your feedback and wish to thank all those families who have already returned these to us. We will use this information to consider ways to continually improve our service and to work in partnership with parents to improve outcomes for all students.



Regards,  
Jocelyn Owen

Proud to be a Stephanie Alexander Kitchen Garden school





### Top 10 Common Mistakes around Discipline (Provided by Michael Grose)



Here are 10 common mistakes I see many parents make when trying to get cooperation from their children; keep them safe or teaching them to behave well.

#### Do any of these bloopers ring a bell?

- 1. Repeat yourself.** If so, you are training kids to become parent-deaf. Kids learn more from respectful actions than your repeated words so talk once, twice at most, then DO something.
- 2. Shout to be heard.** You are better off going below the noise baseline to get their attention rather than raising your voice.
- 3. Set limits too late.** Set a limit a few weeks after new object or situation is introduced (e.g. kids get a new mobile phone, teen starts going out at night) and suddenly you are seen to be taking away a freedom. Set limits first then loosen them up later.
- 4. Set no limits.** Boundaries, rules, expectations and standards teach kids what's expected. Boys love them. They also like to push against them so you need a firm backbone.
- 5. Fail to follow through.** Talk! Threaten! Nag! No way! See No. 1 above.
- 6. Make consequences too harsh.** 'You're grounded for a month Mr. 6 year old' is a tad harsh and will usually bring resentment not to mention confusion. Stick to the 3 R's of respectful, reasonable and related to the behaviour when setting consequences and you can't go too far wrong.
- 7. Apply consequences when you or they are angry.** When anger is in the air kids will become mad at you.....if they listen at all. Calmness makes a huge difference to effectiveness at the point of discipline.
- 8. Mix discipline with counselling.** Never mix the two as it sends mixed messages. If a child misbehaves manage that situation. If you suspect something negative is going on in their life, then deal with that at a separate time. Keep the two actions separate so they can both be effective.
- 9. Defer discipline to a child care centre, pre school or school.** This is taking the easy way out and teaches kids that you don't have real authority. Have the confidence to be the authority and take a lead.
- 10. One parent is always the bad guy. This gets wearing. Also it's hard to have fun when you are the tough cop all the time. If you are in a two parent situation take discipline in turns. If you are parenting solo bring parents into the act.**

Sharon Mawby,  
Assistant Principal

### WODONGA WEST ATHLETICS CARNIVAL

Our Athletics Carnival is to be held at Wodonga Athletics complex for all students in Years 3-6. Students participate in their age groups, rotating between nine different events during the day.

Due to the uncertain weather at the moment, we have planned three possible days for the Carnival.

**The first date is Friday 15<sup>th</sup> August.** If that date isn't available, our back-up days are the 25<sup>th</sup> and 29<sup>th</sup> August. **Information and permission notes have been sent home and need to be returned ASAP.**

It is a great day and I hope everyone is participating.

Susan Macdonald

### WINTER SPORTS CARNIVAL

Congratulations to all MYOS students involved in last Monday's Winter Sports Carnival. Students participated in either Soccer, Netball or Tee Ball at various venues against schools from all over the region. Whilst all teams are playing for trophies, the greater emphasis is on good sportsmanship and mixing with students from schools with enrolments from as small as 3 students to as big as 800 students. I know the smaller schools really look forward to the day and welcomed players from other schools who helped boost their numbers. Although Wodonga West didn't bring home any trophies this year, we were certainly competitive and came close Runners Up in a couple of Divisions.

*Well done to all students!*  
Susan Macdonald

### Winter Sport Carnival Student Reports

#### Liam Watson - Soccer

On the sport's carnival day I played soccer. I was the Captain of Wodonga West Green. We played at Kelly Park. Tyrone was Vice Captain. At the Carnival we played four games. My team never scored a single goal so we lost all of our games. The sport day was still a lot of fun.



#### Jenna Barton - Netball

On Monday the 4th August, MYOS had a Winter Sport Carnival. I went to Kelly Park to play netball. Teresa, Radhika and I went off to play for Barnawatha, because they only had 5 players. We did some drills, then practised throwing, catching and scoring goals. We played 5 games and Barny won 4 of them. In round 15 we versed Bethanga and my opponent was very small. Although she was small, she was very strong and very energetic. In round 17, we versed Beechworth and they weren't very strong. Barny won with a score of 9 to nothing. Radhika, Teresa and I had a really fun time and we really want to go back next year!!!



#### Jorja Bertram - T-Ball

On Monday the 4th of August we had the Inter-school Winter Sports Carnival. I was in Wodonga West Gold. It was the better team of the two teams. Lachie Hillas was the captain and Riley Beaty and I were assistant captains.

## *Student WellBeing Report*



### **Training 4 Trades**

Training 4 trades program has begun. Students have already been using hammers, saws, rasps and files to make their woodwork creation. The students are excited to get there each week and I almost have to drag them away as they are having so much fun.

### **West's got TALENT**

Sign-ups have now been completed for West's got Talent. I have been meeting with students to allow them a practice session as well as time to work out song choice, song lyrics etc. Contestants will be starting to showcase their acts next week in the week long heats. I will give students involved a small note to take home to parents if they are interested in coming to watch.



Melissa Potter

### School Community

If you read our weekly school Newsletter, please send this section back with your Family Name on it and be in the draw for a 'Prize'!!

Family.....

### Craft

A group of parents interested in craft at Wodonga West are starting a BYO craft afternoon to be held on alternate Fridays in the Child Care Centre from 1:30pm - 3:20pm.

All Welcome. The more the merrier. Tea and coffee available.

For all enquires please contact Doreen on : 0438 587 033

*Please sign in/out at front office.  
First session Friday 15th August*