

## Coming Events

### This Week

#### Thursday 14th March

- Middle School

#### Friday 15th March

- Library
- Sport
- Primary Gardening
- P&C Meeting @ 1:30
- Bullying—No Way!  
National Day of Action

### Coming Soon

#### Tuesday 19th March

- Infants Gardening
- Piano lessons

#### Thursday 21st March

- Middle School

#### Friday 22nd March

- Library
- Sport
- Primary Gardening
- Life Education Van
- Harmony Day

## Welcome to Week 7

We have a few exciting things happening in the coming weeks.

This Friday is the National Day of Action against bullying. At our school we aim to create a safe and supportive school community for everyone. This week will see some classroom and playground activities focusing on saying 'No Way!' to bullying, and choosing kind, not mean.

Next week we will have a visit from the Life Education Van. This is an exciting opportunity for your children to learn and be empowered to make safer and healthier choices, with the help of Healthy Harold. If you haven't yet, please send in your permission notes and money.

Book Club catalogues went home earlier this week. You'll find award-winning books and bestsellers, as well as old and new favourites. I recommend them because the books span a wide range of children's reading levels and interests and because they are inexpensive (some books cost as little as \$2). As a bonus, every Book Club order earns 20% in Scholastic Rewards to help purchase additional learning and literacy resources for our school!

We had a great assembly last week, our first for the year. Photos of the day will be in next weeks newsletter.

Congratulations Lisa Cowan on being presented as Citizen of the Week. Lisa is an enthusiastic learner who is helpful and happy at school.

Have a great week!

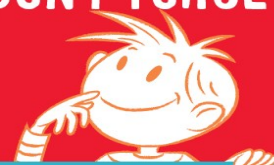
*Melanie Johnson*

*Principal*

**You never look good  
trying to make  
someone else look bad.**

[www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au)

**DON'T FORGET!**



SCHOLASTIC  
**Book Club**  
 orders are due:  
21st March



# BULLYING. NO WAY!

You are an important part of our work to prevent bullying and to respond effectively if it happens. Stopping bullying involves everyone.

## If your child talks to you about bullying:

**Listen** calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation. After they've told you their story, ask questions to get more details if you need: who, what, where, when. Although you may feel some strong emotions about your child's experience, try to keep calm to avoid more distress to your child.

**Reassure** your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, 'That sounds really hard to deal with. No one should have to put up with that.' or 'I'm so glad you told me. You should be able to feel safe at school; that's not fair at all'.

**Ask** your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.

**Visit** [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident.

**Contact** the school. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child's teacher and, if you need to, ask to talk with the principal. Contact the school immediately if you have a concern about your child's safety.

**Check in regularly** with your child. Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

If you are looking for support for yourself to deal with a bullying situation, you will find ideas on the Bullying. No Way! website for parents.

Thanks for your support to make our school a great school for everyone.

# BULLYING. NO WAY!

## If your child talks to you about bullying:

1. **Listen** calmly and get the full story.
2. **Reassure** your child that they are not to blame.
3. **Ask** your child what they want to do about it and how you can help.
4. **Visit** [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) to find some strategies.
5. **Contact** the school.
6. **Check in** regularly with your child.



We were proud to  
be active  
participants in our  
community on  
Clean up  
Australia Day.  
We sent 18 bags of  
rubbish to the  
landfill.







**The Vegetable Plot**

BLAND SHIRE Council Chambers  
Thursday 18 April 10—11am

Ever wondered what it would sound like if a bunch of vegetables was whooshed up out of the soil by aliens, transformed into MUSICAL SUPER BEINGS and sent back to earth on a mission of love and peas? Well then, it's about TIME you found out! Let ASPARA GUS, RU BARB AND SIR PAUL MCCARROTNEY teach you how to shake your stems, do the jumping bean and twist and sprout in this fresh, funky, award-winning LIVE music show for kids, families, and foodies. You'll never think about music or vegetables the same way again!



All ages welcome  
**\$2 PER PERSON**

Bookings essential  
Contact Bland Shire Library  
— 02 6979 0272



**125<sup>th</sup> Wyalong Anniversary**

# BUSH DANCE

**Friday 22<sup>nd</sup> March 2019**

**The Ram Shed  
West Wyalong Showground**



Featuring

## 'THE TIN SHED RATTLERS'

Dinner provided. BYO Alcohol, Soft Drinks & Table Nibbles  
Doors Open 6.30pm  
Adults \$30, Children (5-15) \$15, Under 5 Free

Tickets available NOW (preferred) or on the night  
Contact Sarah 0437 811 636 or Amanda 0439 943 985

A great, family friendly FUNdraiser for RDA (NSW) West Wyalong Centre



## West Wyalong Junior Rugby

Jnr Rugby is a great opportunity for kids to learn what it is to be part of a dedicated team and form great friendships. All interested players/parents are invited to come and have an obligation free chat & get involved in some training exercises.

Under 6 - Unisex non-tackle

Under 8 – 14 Unisex tackle

Girls Touch 7's - Non-tackle

Like the West Wyalong Junior Rugby Rugby Union FB Page for registration, upcoming games and important information.

Active Kids Voucher welcomed.

**Come and try it – Meet some of the kids and parents involved**

**When:** Wednesdays @ 5:30pm

**Where:** Perserverance Street West Wyalong

**For more information or enquiries please call:**

**Rob Ramsay: 0409 044 203**

Please return your Life Education notes and money as soon as possible.

Merchandise money is paid on the day, so there is no need to send that in now.



FOR A SAFER, SMARTER LIFE.

