Principal's Message

Congratulations to our Public Speakers last week. They all made us very proud. Congratulations especially to Aksel KN, Frank 1F & Aarya 4A who were highly commended. Thank you to Paridhi who assisted with the Stage 2 event held at our school, providing a role model to the younger students. Our Stage 3 students have their event this Wednesday.

Last week at the parent meetings I spoke about "Feedback". I enjoyed talking about these ideas with the parents who attended, and we had some good discussion. We all get feedback in various forms every day, from sensory feedback about how hot or cold or sharp things are, to visual and verbal feedback. Feedback gives us information on what to do and how we feel about ourselves. We cannot avoid feedback, so we need our children to be strong and to be able to use all forms of feedback to their advantage.

When we give feedback, we can give "person feedback", or "process feedback". The difference is that we can say things like, "Good boy", or "You worked hard at your homework tonight and finished it all, well done."  "That's a pretty picture, you are a good artist." Or "I like the colours you chose for the sunset, it is very effective." What you need to emphasize is that the child has done something, not that they ARE good (or bad). We can change the amount of effort that we put in to a task; so showing children that their effort has made a difference to the result helps them to improve. However, just telling them that they ARE capable, or clever, or good, doesn't help them develop the mindset to know what to do when they come upon something challenging.

So what happens when we are challenged by something difficult? A child who has been told repeatedly that they are clever or good will believe that they are - until they find something that they can't do - which will happen sooner or later. When this happens they then believe that they are no longer clever or good, and will give up. This is a fixed mindset, they believe that they are or are not something, and this cannot be changed. However, a child who has been told over time that their hard work or their attitude to problems has enabled them to do things will approach a challenge with the mindset that they can do it if they work at it. These children have a growth mindset and see challenges as opportunities. How much "basic intelligence" has to do with this is not relevant. All children can learn given the right opportunities, mindset and encouragement.

Of course the same applies to terms like bad or lazy. If we tell children they are bad at something, (or are just bad, as in "bad girl") they will believe it, and it will be so. They won't know how to change it, or believe that change is possible.

A related topic is that of rewards. Should we reward children for doing things? BE VERY CAREFUL! When we reward people it is very hard not to put the focus on the reward rather than what they are doing to obtain it. There is plenty of research to show that rewarding is actually harmful to the task that we are trying to encourage. I have known parents who reward their children regularly and have created a situation where the child will not do anything without being given something in return. This is not healthy or realistic, and neither does it help the child. We really want children to be rewarded for their efforts by feeling good about their achievements - this is intrinsic motivation - and this will lead them to want to learn more, do more, achieve more. You will not always be there to give them feedback on their efforts, and neither will the teachers. We need children to be self-motivated, to know when they have done a good job, and why, so that they feel good about themselves (not because anyone has told them to) and know what they have to do to get where they want to be in life.

The following are some links in “parent speak” that you might like to follow up with. There are some examples of what to say in different situations. I am happy to discuss these ideas with anyone who would like advice or to know more.

http://parenting.blogs.nytimes.com/2014/10/02/helping-kids-take-criticism-constructively-even-when-it-isn-t-constructive/?_php=true&_type=blogs&_r=0

http://www.brighthorizons.com/family-resources/e-family-news/2012-positive-parenting-encouragement-versus-praise/

http://www.happychild.com/articles/how-you-praise-your-toddler-has-a-lasting-impact

I will be out this week from Wednesday to Friday at the Australian primary Principal's conference, but will be back next week.

Anthea Donaldson
Principal
Class Awards

KA  Zakariya        KB  Cooper
KJ  Sameer         KN  Ella
KR  Bella          KS  Elanue
1F  Jimmy          1H  Jasmeet
1K  Maisam         1N  Jasinder
1S  Rithwik        2L  Farhaat
2P  Sharmake       2W  Madison
2/3R Aisa          3J  Abhinav
3/4C Nataly        4A  Abdul
4S  Baris          5/6B Caitlin
5/6E Rushi         5/6H Danielle
5/6J Narges        5/6N Hadya
3-6K Shivansh

Stage News

Kindergarten

Term 4 is a big term for Kindergarten as they get ready to go into Year 1 and they welcome the new Kindy kids starting next year. Last week Kindergarten were allowed to start playing at the field at lunchtime and they are to be congratulated on being safe as they crossed over to the field with the rest of the school. They had a great time playing at the field with all the 'big' kids!

Congratulations to Kirat, Kaedon and Aksel who represented Parramatta West in the Kindergarten PELC public speaking competition last Tuesday at Hilltop Road P.S. They all spoke confidently and entertained their audience. Aksel received a Highly Commended certificate - well done Aksel!

KB did a fantastic job hosting our K-2 Assembly last week. They will host assembly again this week and present their item. If any KB parents would like to attend, assembly starts at 11:20am on Friday in the school hall.

'Mystery Bags' continue this week. Remember to prepare your answers so that you can answer the questions your classmates ask you.

Have an excellent week!
Miss Stuart & Mrs Rhodes

Stage One (Year 1 and Year 2)

We have had many new students start at Parramatta West Public School this term. It is so wonderful to see our students being friendly, kind and caring to new and returning students. Next week is our school disco. More information will be coming soon! Better start getting those dance moves ready!

Topic talks this week are all about healthy food. Students are able to design a healthy food plate and explain why it's healthy. This is another great opportunity to show off their creativity in their plate design. Don't forget homework is due on Thursday!

Have a wonderful week!
Miss Langhans

Stage Three (Year 5 and Year 6)

This Thursday, Year Six students have the opportunity to attend 'A Day on the Hill' at Parramatta High School. This is a transition program to prepare students for Year Seven. Students will participate in a variety of classes throughout the day. Students need to be at school at 7.45am sharp as we are walking to Parramatta High and we should return at approximately 3.10pm. If your child usually catches the bus or picks up siblings you may need to make alternative arrangements. Please ensure your child is wearing full school uniform (including a school hat); wears black leather school shoes or sports shoes; brings recess and water; brings a pencil case and a clipboard. Students always benefit greatly from this valuable experience.

Selective school applications for 2016 are now open for Year Five students who are interested in trying out for a selective placement. A note went home last week which gave details of the website and it takes you through the steps of applying. If you have any queries please don’t hesitate to see me.

On Wednesday we have three outstanding public speakers who will be representing our school in the PELC Public Speaking Competition at Hilltop Public School. We wish Hadya, Jasmine and Krishna the best of luck! We know you will all be amazing.

Hope you have a fabulous week 3!

Mrs Heifetz

Library News

• Last day for Bookclub is Tuesday 21st October.

• We are having a Mini Bookfair on Tuesday 28th and Wednesday 29th October. Sale times are: 8.30am - 9am, 1.10pm - 1.30pm and 3pm - 3.30pm. Two days ONLY.

The fair is a buy one book - donate one book to the Library for free. You buy a book and choose a book of the same or lesser price to donate to the Library. There are no re-orders so first in gets the book they want. There is no preview so the children have not seen the books beforehand. Please come along and support the school at this Mini book fair. Each book you donate will have a donation certificate inside with your child's name on it and they get to borrow the book first after it has been accessioned into the library. REMEMBER TWO DAYS ONLY.
Parenting Workshops

Keeping Children Safe

A 4-session parenting course for parents and carers, providing information about, and strategies to promote, the care and protection of children and young people.

This course considers different kinds of child abuse and neglect, their impact on children and ways to promote your children’s safety.

Jointly run by Uniting Care Burnside and Parramatta/Holroyd Family Support.

Dates: Wednesdays, 15 October – 5 November, 2014

Time: 10am—12.15pm

Place: Parramatta/Holroyd Family Support (in Pendle Hill)

Cost: A gold coin donation each week

Places are limited, so bookings are essential. Call Wendy on 9636 8437.

Some free childcare and transport available – please call to enquire.

1-2-3 Magic: Discipline that works with 3-10 year olds

A parenting course for parents and carers of 3-10 year olds. The group will cover positive behaviour management strategies to help parents with their children.

Learn strategies to manage unwanted behaviour, encourage good behaviour, and strengthen your relationship with your child.

Jointly run by Uniting Care Burnside and Parramatta/Holroyd Family Support.


Time: 10am—12.15pm

Place: Parramatta/Holroyd Family Support (in Pendle Hill)

Cost: A gold coin donation each week

Places are limited, so bookings are essential. Call Wendy on 9636 8437.

Some free childcare and transport available – please call to enquire.

LOFT (Leaders of the Future) report

On 13th October some Year 4 and a few Year 5 students went to Northmead for LOFT. We were introduced to everyone and had to sit next to someone from a different school. There were 3 rotations. One of them was with Mr Robertson. We started off by standing around 9 pictures of leadership and had to decide which one we thought leadership was most about and which one we disagreed with. I picked one with the leader holding his group’s hands because for me the most important thing in a leader is to be involved and support your group. After that we all got a piece of paper each with a hand and were told to write 5 good leadership qualities about ourselves decorate it and present it. Then we played this untangling game which was to show how important communications is for a team. The highlight was the untangling game. In all I had an amazing time and I would love to do it again. By Nitika 5/6B

On 13th October a couple student from Year 5 and Year 4 went on an excursion to LOFT and did some leadership activities. My activity was a game where you put a blindfold on and your teammates had to say loudly which way to go to dodge the obstacles and get a flag. After our activities we all got a showbag and sat with our school. We talked about things we can do to use less polluteable things and using natural resources so we don’t waste things. By Zahren 5/6N

Sustainability Expo report

The environment lesson with Mark Edwards was all about caring for the environment. We were firstly told to think about the word "sustainability". When that was over we told Mark what it is. I’ll tell you what it means - how much something can cost. After the discussion about sustainability we were given a presentation to the whole group about a variety of things such a global warming, wealth, our money spendings and the wildlife. Following that wonderful presentation we separated into three groups each having a topic which was wildlife, water and the environment. We had two separate columns, one was what we already do at school and the other was about what we could do at school. We all had really good ideas too. Afterwards Mark showed us a very cool bike which when you peddle the lights in a box turn on. We all got to try it out too. After this we moved on with Mark where the sun oven was. A sun oven is an oven that is heated by the sun and it doesn't use electricity. In the sun oven there were some garlic bread that we all got to have a taste of. It was delicious too. It was a really exciting discussion with Mark and he gave us the courage and told us how we could be leaders. It was an amazing day with Mark Edwards. By Hah Min 5/6E

PWPS School Disco - Wednesday 29th October

Tickets are being sold each morning. $5-00 includes entry, a drink and a snack. Halloween theme - no masks or face paint.

K - 2 from 4pm - 5.30pm
3 - 6 from 6pm - 7.30pm
Glow products will be available to purchase at the disco.