Dear Parents

An outstanding presentation of the Scientia tasks was held last Friday in the library. The students’ knowledge and explanation of their research was most impressive. Congratulations to the students, to the parents for their support and of course to Mr Pritchard and Mrs Houston for their guidance.

Also last weekend the P&F deserve congratulations for the Art show. Along with the weekend display a huge amount of work was evident in the preparation. Well done to Mr Richard Cheney and his band of supporters.

The Prep Art looked wonderful and all credit to the students, staff and to Mrs Helen Gray for her valuable assistance.

This week our Year 4’s visit Sydney for two days while our Year 3’s will be involved in two days of activities based on maintaining and establishing friendships. This was initiated last year and due to its success will become a part of personal development for our Year 3’s to equip them with life strategies.

This week’s reading from Michael Grose discusses impulse control and as he states it is as hard for a 44 year old, let alone a four year old.

Enjoy your week.

Regards

Rob McLean
Head of the Preparatory School

Jeans for Genes - Friday 6 August

– a gold coin donation to wear jeans on the day.

Jeans for Genes is a major fundraiser of the Children’s Medical Research Institute. The money raised from Jeans for Genes Day goes towards the work of these scientists.

Prep Music Concert

Thursday 12 August

5.30 – 6.45 pm

Everyone Welcome
**ASSEMBLY AWARDS**

**Merit Awards:** Samuel Harris, Ben Chai, Ryan Furness, Sterling Graham, Kate Murray, Grace Srizich, Charlie Hodges x 2, Remy Niven, Tara Channo, Johie McLachlan, Daniel Shepherd, Hugo Pearce x 2, Annabel Pengilly, Elliot Hannelly, Taylah Caro, Annie Pattinson, Megan McClare, Grace McBeath, Molly Knight-Hannan, Owen Bloomfield, Jack Pengilly, Ethan Teber-Rossi, Emily McLachlan, Catriona Denholm, Lizzie Kwa, William Rawson, Joel Furness, Will Hannelly x 2, Campbell Gilmore, Alanan Seedsman, Rose Flatau, Sophie Brunner, Freya Hill, Harry May, Beau Meehan, William Smith x 2, Tupou Faiva x 3, Haidee Watson x 2, Rhett Wheelhouse, Bella Hoyle Davies, Logan Buckley x 2, Jack Saran, Florence Conway, Emma Crossing, Georgia Lewis-Minogue, Jemima McPhee, Jemma Barrett, Brianna Priest, Maggie Smith x 3, Louisa Gilmore, Ruby Niven x 2, Charlotte May x 2, Monique Worsley x 2, Stephen Dalzell, Chelsea Foster x 2, Jock Pryse Jones, Mitch Harris, Meg Crossing, Parham Raoof, Isabelle Rees, Lilla McKenzie, Hannah Engelhardt x 2, Angus Crossing, Emily Saran, Samantha Syme, Charlie Greer, Harry Brunner, Johannah Collins, Kate Hall, Myra Lim Hurt, Alex Mirrington, Zoe Pickford, Harrison Rees, Anna Thompson, Chris Wood, Sophie Amos, Jordan Littlewood x 3, Emily Shields, Gabrielle Eade, Maree-Lauren Vazouras, Charlie Steele – Park, Hugh Britton, Olivia Trethowan, Toby Condon, Callie-Jane Jeffress, Siokapesi Faiva.


**Citizenship Awards:** Alexandra Strutt, Maddi Cunial-Stone, Charlie Hodges, Johie McLachlan, Jack Smith, Louis Lockwood, Oscar Savage, Bailie-Rose Miller, Alanan Seedsman, Catriona Denholm Molly Knight-Hannan, Emily McLachlan, Sarah Davies, Niamh McPhee, Lachlan Smith, Florence Conway, Haidee Watson, Logan Buckley, Ruby Greer, Ethan Rutherford, Jessica Amos, Bailey Mannix, Charlotte Anderson, Monique Worsley, Saul Sullivan, Ruby Niven, Mary Munro, Amelia Rawson, Meg Crossing, Kelsea Bellamy, Angus Wright, India Kermode, Angus Cumming, Isabelle Rees, Seb Samodol, Laura Sharp, Alex Mirrington, Annabelle Tierney, Harry Rees, Sam Mac Smith, Kelsey Gray, Maree-Laurien Vazouras, Chris Wood, Emily Shields, Imogen Rosborough.

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**PLEASE!! NOTE**

Only clothing purchased from the school shop can be sold at the Clothing Pool. Any clothing that is not KWS shop clothing will be rejected and donated to charity.

Any clothing/good left at the clothing pool that are dirty, badly stained, torn or too far gone will be rejected and disposed of.

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**KINROSS WOLAROI SCHOOL – CANTEEN ROSTER for August**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>2</td>
<td>3</td>
<td>4 Fiona Hall</td>
<td>5 Jean Welsh</td>
<td>6 Luisa Sims</td>
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<tr>
<td>9</td>
<td>10</td>
<td>11 Muffy Steele-Park Hilary Britton</td>
<td>12 Karen Mc Kenzie</td>
<td>13 Jill Peterson</td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18 Kim Bryant</td>
<td>19 Fiona Bromage</td>
<td>20 Kate Doyle</td>
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</tbody>
</table>
Would your child eat the marshmallow? by Michael Grose

Impulse control is one of the keys to being successful in life. It doesn’t take a study to make that obvious.

Between 1968 and 1974 Stanford University researcher Michael Mischel conducted an unusual experiment that demonstrated the importance of delaying immediate gratification to lifelong success.

In a long-term study Mischel, offered 4 year-olds a marshmallow, and told them that if they could wait for the experimenter to return after ten to fifteen minutes, he would reward their patience with another marshmallow.

Control your impulses and delay gratification for a greater reward was the idea here! An interesting dilemma for any 44 year-old, let alone a 4 year-old.

Mischel found there were three groups of kids. About one-third ate the marshmallow within the first few seconds. They didn’t even consider waiting. Down the hatch! Another third tried to wait, but couldn’t last the distance. Another third practised some old-fashioned self-discipline and didn’t eat the marshmallow.

That’s quite an effort!

Mischel followed the 400 kids involved in the experiment over a 14 year period and found that there was a high correlation between the results of the study and how each group performed in high school.

The marshmallow gobblers were more troubled, and had difficulty subordinating immediate impulses to achieve long-term goals. When it came time to study; they were easily distracted and less likely to follow-through and finish school.

The marshmallow resisters were more motivated, educationally more successful and more emotionally intelligent. Their end-of-highschool marks were higher than the other groups marks.

So what’s the point?

I think it’s a great reminder for all parents that the Rolling Stones were right when they sang all those years ago ‘You can’t always get what you want.’

Okay, Mick Jagger wasn’t thinking about kids when he belted out those lyrics, but he may as well have been.

Impulse control is one of the keys to being successful in life. It doesn’t take a study to make that obvious. Those who can put off immediate gratification or the quick fix to work toward a bigger goal will always be successful in life.

Always have been, always will. It takes self-discipline to save, rather than use a credit card. It takes self-discipline to get up in the cold each morning to exercise rather than stay in bed.

Impulse control pays off… in the long run.

Modern parenting can be detrimental to developing impulse control. Let’s face it, in this era of smaller families we have greater propensity to gratify kids’ needs immediately. To be blunt, to avoid disappointing kids, I see some adults bending over backwards to give them what they want.

Impulse control is largely about self-discipline and character.

While some kids are more naturally prone to delay gratification than others, some parenting styles are more likely to promote impulse control than others.

Parenting does have an impact!

Here are four strategies to encourage your children to delay gratification, practise self-discipline and build character along the way:

1. Just say NO! You may need to grit your teeth with some tough nuts, but so be it!

2. Give kids pocket-money and teach them how to set goals. Being a child’s personal ATM doesn’t encourage impulse control.

3. Help kids focus on bigger rewards. When kids can see that a BIGGER reward is attainable they are more likely to strive to get it.

4. Establish rituals and rites of passage. ‘You get your big bike when you are ten’ is a type of ritual that parents used in the past to make children wait.

These rituals and rites of passage give parents strength to resist pester power and teach kids that good things come to those who wait.

There is no doubt that saying No to kids is hard work as it is in their job descriptions to push parental boundaries.

It is in their long term best interests to realise that they “can’t always get what you want…”

It’s worth remembering the following line to that Stones Classic was, “you can try sometimes, you can try”.

Maybe Jagger was singing about kids after all!

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For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au
Endangered Species

Baleen Whale  Gorilla  Bilby  Eagle

Endangered Instruments

Double bass  French horn  Viola  Tuba  Bagpipes

The instruments above are under real threat of extinction and the Music Department of Kinross Wolaroi School is mounting a rescue bid. Help save these vital members of our ensemble program by taking advantage of a limited number of tuition bursaries currently on offer. The bursaries are open to any talented student who is willing to commit to at least two years of study of the instrument. Applicants for brass instruments and bagpipes must be in either Years 5 or 6. Please contact Mr Moxey on 6392 0341 or email wmoxey@kws.nsw.edu.au to apply for a bursary.
KWS SHOP
All items purchased from the KWS Shop are subject to the Returns Policy below.

**KWS SHOP RETURNS POLICY**
- All items returned must be in original packaging
- All items must be in new condition/tags attached
- Items must be returned within 4 weeks of purchase
- The KWS Shop will not refund used text books. Please make your selection carefully to avoid disappointment. *A used book is a book that has left the shop.*

Thank you for your co-operation with these matters

Janelle Langham  -  KWS shop Manager.

**Overcoats**
- The shop has a size 6, 8, 10 girls overcoat available for immediate purchase.

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**It’s that time of the year again.**

The Year 5/6 extravaganza will be happening at the end of Term 3.

Come and be part of a fun group of enthusiastic costume makers on Mondays. Special sewing skills are NOT essential. To get directions ring Aileen Priest on 63651125

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**GAMES WANTED**
Do you have any old DUPLO, LEGO, board games or jigsaw puzzles that your children have grown out of? Please feel free to donate any of these items to our K-2 Prep classes. Any items can be left at the Prep Office or with Mrs Carolyn Key. The children from K-2 thank you for your kind donations!

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**Important Dates for Term 3**

- 6 August – Jeans for Genes
- 8 August – Rugby in Bathurst
- 10 August – Rugby Day at McCarthur
- 12 August – Year 4 Placement Testing
- 12 August – Prep Music Concert
- 22 August – Rugby Orange City
- 24 August – HICES Athletics
- 26 & 27 August – Tudor House Visit

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**Food Allergy Awareness.**
Please be aware that *No nuts* (eg peanut butter, nutella, nut/ choc bars etc), *eggs*, *seafood*, or *kiwi fruit* are allowed at the school due to severe allergies in some of the children.

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**Delicious Hot Chocolate**
now available at the canteen
Served with two marshmallows. Only $2.50

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Show tops for Maharabad’s Bazaar must be in by Friday this week.
**Prep Weekly**

Prep Weekly will be on sale next week.

Great stories, columns, reports and entertainment.

Buy a copy and you could win 2 tickets to the Odeon Theatre to see a movie of your choice.

Other great competitions in the Prep Weekly so buy a copy today.

**SPORTS NEWS**

**NSW PSSA Girls Touch Football**

Maree-Lauren Vazouras and Kate Hall have spent the week in Coffs Harbour at the NSW PSSA Girls Touch Football championships representing both KWS and CIS. We wished the girls well last Friday and are certain they’ll be trying their best in the north of the state. We look forward to hearing about how they went when they return.

**Football Draw – Saturday 7 August**

<table>
<thead>
<tr>
<th>Team</th>
<th>Time</th>
<th>Ground</th>
</tr>
</thead>
<tbody>
<tr>
<td>U/6 Cobras</td>
<td>10 am</td>
<td>Blayney SG</td>
</tr>
<tr>
<td>U/6 Tigers</td>
<td>10 am</td>
<td>JB 10</td>
</tr>
<tr>
<td>U/6 Bears</td>
<td>10 am</td>
<td>Blayney SG</td>
</tr>
<tr>
<td>U/7 Pumas</td>
<td>11 am</td>
<td>Blayney SG</td>
</tr>
<tr>
<td>U/7 Cheetahs</td>
<td>11 am</td>
<td>Blayney SG</td>
</tr>
<tr>
<td>U/8 Lions</td>
<td>10 am</td>
<td>PLC</td>
</tr>
<tr>
<td>U/9 Glory</td>
<td>11 am</td>
<td>PLC 1</td>
</tr>
<tr>
<td>U/9 Fury</td>
<td>11 am</td>
<td>PLC 2</td>
</tr>
<tr>
<td>U/10 Roar</td>
<td>12:10 am</td>
<td>JB 6</td>
</tr>
<tr>
<td>U/11 Victory</td>
<td>10:55 am</td>
<td>JB 4</td>
</tr>
<tr>
<td>U/12 United</td>
<td>9:40 am</td>
<td>KWS North</td>
</tr>
<tr>
<td>U/12 Jets</td>
<td>9:40 am</td>
<td>JB 2</td>
</tr>
</tbody>
</table>

**Netball Draw – Saturday 7 August**

<table>
<thead>
<tr>
<th>Team</th>
<th>Time</th>
<th>Court</th>
</tr>
</thead>
<tbody>
<tr>
<td>U/10 Pulse</td>
<td>9.00 am</td>
<td>B</td>
</tr>
<tr>
<td>U/10 Magic</td>
<td>9.00 am</td>
<td>4</td>
</tr>
<tr>
<td>U/11 Swift</td>
<td>10.00 am</td>
<td>A</td>
</tr>
<tr>
<td>U/11 Thunderbirds</td>
<td>10.00 am</td>
<td>B</td>
</tr>
<tr>
<td>U/12 Firebirds</td>
<td>TBA</td>
<td>TBA</td>
</tr>
</tbody>
</table>

**Hockey Draw – Saturday 7 August**

<table>
<thead>
<tr>
<th>Team</th>
<th>Time</th>
<th>Ground</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minkey</td>
<td>12.00 pm</td>
<td>Davis</td>
</tr>
<tr>
<td>U/9 Hurricanes</td>
<td>Bye</td>
<td>Bye</td>
</tr>
<tr>
<td>U/11 Tornadoes</td>
<td>11.00 am</td>
<td>Smith</td>
</tr>
<tr>
<td>U/13 Cyclones</td>
<td>9.00 am</td>
<td>Davis</td>
</tr>
</tbody>
</table>

**Athletic Carnival Dates**

WAS Athletics: Wednesday 18th August
HICES Athletics: Tuesday 24th August
CIS Athletics: Tuesday 21st September.

**ATHLETICS TRAINING TIMETABLE**

<table>
<thead>
<tr>
<th>Wednesday 4th August</th>
<th>NO SPORT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 9th August</td>
<td>LONG JUMP SHOT PUT</td>
</tr>
<tr>
<td>Wednesday 11th August</td>
<td>DISCUS &amp; TURBO JAV</td>
</tr>
<tr>
<td>Monday 16th August</td>
<td>LONG JUMP &amp; SHOT PUT</td>
</tr>
<tr>
<td>Wednesday 18th August</td>
<td>WAS ATHLETICS</td>
</tr>
<tr>
<td>Monday 23rd August</td>
<td>800m, 200m and 100m</td>
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<tr>
<td>Tuesday 24th August</td>
<td>HICES ATHLETICS</td>
</tr>
</tbody>
</table>

High Jump: Friday at Lunch in the Gym.
Relays teams: Monday at Lunch on the Main Oval.

**Team of the Week**

U/13 Cyclones: Hockey
U/11 Rugby
U/9 Rugby
Wet Weather

In the event of wet weather on a Saturday please tune into ABC 549AM and 2GZ 105.1FM and they will periodically give out details from about 7:30 am. Wet weather information for football can also be found on at www.orangefootball.org.au.

Wet weather information for Netball can be found at www.orange.netball.asn.au

Student Achievements

On the weekend Mitchell Strike and Noah Lamrock competed in the Mountains and Plains Winter Short Course Championships. Noah picked up an incredible four gold medals whilst Mitchell swam five personal best times and gained one silver medal and three bronze. Great swimming Noah and Mitch!

RUGBY GAMES - 2010

U9 & U11 -
8 August – Bathurst
22 August – Orange City

U12
5 August – KWS 13B
10 August – Carnival at Macarthur
20 August – All Saints
27 August – Tudor House

Sports reports for 31 July

Hockey:

U13 Cyclones:
Last Monday’s Game: With Mr Mac and Mrs Key standing by U13 Cyclones took to the field. after a delayed start we were already to go. After lots of running to either ends of the field, we swapped ends for halftime and more running to either end of the field occurred but with the ball mostly down the Sapphires end. The combined efforts of Annabelle, Kate and Bella, Kate scored the goal. We had many more close calls by Annabelle, Bella and Kelsey but they did not get through the Sapphires defence. The final score was one-nil our way. Congratulations on our first win girls. Thanks Miss Dwyer for your very encouraging words. Lizzie Silvester

Saturday Game: The wet weather called off the soccer, the fields were too wet…. but No! not hockey we played Ex-Services in the rain. There were so many puddles on the field we should have brought our flippers!!! The final score of 5-1 did not reflect the great defending by the Cyclones, we had two disallowed goals, but finally Kelsey scored. Thank you to Ms Lepelaar for coaching and to all the girls, great game. Olivia Trethowan

Rugby:
In all three games we played well and hard and at the end we even got to do some swanies in a big puddle to wash ourselves. Well done boys and thanks to Toby Hazelton and Jarrod Rose for Coaching us

U9: On Sunday, The Under 9s Rugby team travelled to Trangie. We played 3 games against Macquarie Emus, Orange City and Narromine. All the games were exciting and we are improving in our tackling, passing and playing as a team. Thank you to our coaches Mr Steele-Park, Mr Mac and Mr Meehan and to all the families who travelled to Trangie to support us. We look forward to playing in Bathurst next Sunday. Liam Choi

CANCELLATION OF SPORT TRAINING

The decision to cancel sport training is not made until 2: 30 pm. A message will be placed on the sport line. PLEASE call this number on 63920450 for cancellation details, NOT THE OFFICE. (If there is no message it is either too early or training is on)

Can you also ensure you have made wet weather plans with your child so they are aware of alternative arrangements when sport is called off.