Dear Parents

Welcome back to Term 4 for 2010. I trust you were able to enjoy at least a few days with your families over the break.

The last week of Term 3 certainly illustrated the talents of both students and staff of the Preparatory School. Our Year 5 and 6 students continued the example set, by our Years 3 and 4 the previous week in their work in dramatic performance. The show ‘Maharabad’s Bazaar’ was an outstanding example of what practice and perseverance can do. The students’ talents in singing, dancing and speaking were clearly displayed. Full credit to the cast and crew led by Mr Hordynsky. Congratulations!

Thank you to everyone who attended especially to the families who are not directly involved in the senior classes.

Term 4 sees some changes to staffing. Mrs Jacquie Paix returns from leave and Mrs Gemma Seedsman now takes over from Mrs Lisa Pengilly who is taking leave for Term 4. In Music Mrs Annie McRae returns to take all Music classes plus choirs while Mrs Juliet Peterson moves to have responsibility for our Religious Education Programme.

Next Monday 18 October the Preparatory School’s Sports Assembly takes place. This will be held at 2.00 pm – 3.15 pm in the Derek Pigot Auditorium and all parents are welcome. The assembly recognises the students’ achievements in sport this year in our representative and Saturday commitment. Our special guest this year is our current rowing coach Mr Hamish Karrasch, a Dual Olympian and a wonderful role model for our students.

This term sees a return to our summer uniform at both school and sport. A reminder that sports uniform includes the track suit top for Term 1 and 4. Please ensure your child wears the correct sports uniform to school on their PE days.

This week’s reading from Michael Grose focuses on ‘Easing children’s anxiety’. This is an ever increasing issue nowadays but we need to be careful. As Michael says: ‘Don’t allow kids to wallow in self pity. Move their thoughts towards the future rather than allow them to mope around’.

Enjoy your week.

Regards

Rob McLean
Head of the Preparatory School

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**KINROSS WOLAROI SCHOOL – CANTEEN ROSTER - Month of: October**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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Canteen Supervisor - Rebecca Jorquera, 6392 0387
Easing children’s anxiety

“Anxiety is normal and part of everyday life. There’s no better time than childhood for learning how to cope with anxiety.” by Michael Grose

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. “Come on, get on with it,” seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralysing. Some kids simply can’t stop their ‘bad thoughts and feelings’. They can’t silence the voice of fear that whispers to them continually.

Staying calm

Anxiety is a normal part of life and can be managed, but it takes time.

It’s also contagious so it’s the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

Calm is created through your words, voice and facial expression. When children become anxious, help them recognise what’s happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

Accept your child’s anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It’s hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn’t want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

Challenge the validity of your child’s fears and anxiety, using logic and rational thinking. Don’t allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

Making a plan

Encourage your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended parties with her daughter so she wouldn’t miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short-time. Vanessa let her daughter know that she had no doubt that she’d cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn’t leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

Anxiety is normal, and part of everyday life. However, it can be debilitating unless it’s managed. Anxiety management takes time for kids to learn, but it’s one of those valuable life skills that parents can teach their kids.

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Maraarabad’s Bazaar

A reminder to return costumes to your class teacher so they can be packaged up and stored.
New Clothing Pool
Hours for
Term 4
Tuesday 10.30 am to 2:30 pm
Wednesday 8.30 am to 12 noon

KWS P & F meeting ➔ TONIGHT ←
(Wednesday 13th October)
Anderson Centre
7.30 – 9.30 pm
Apologies and agenda items to Richard Cheney (0428699015)
Click on the KWS website “Communities” and follow the link to the P and F for previous minutes

PREP SPORTS ASSEMBLY
The annual Prep Sport Assembly will be held on Monday 18th October at 2 p.m. in the Derek Pigot Auditorium. This is an opportunity to acknowledge the achievements of our sporting teams and individual representatives. All parents are welcome to attend. Please note that there will be NO TRAINING after the Assembly.

CIS ATHLETICS CARNIVAL
In the last week of Term 3, 19 KWS students represented HICES at the CIS Athletics Carnival. Congratulations to Jemima McCalman who won the 800 m and will now go on to represent CIS at the NSW PSSA Athletics Carnival this month. Other notable performances were our Junior Girls and Senior Girls relay teams which made the final and Sophie Fenton who won the Open Girls Turbo Jav.

FOOTBALL SHIRTS
ALL Football teams have now finished and it is time to return your shirts! If you are in a competitive team, once your Saturday competition has finished you must return your shirt. After you have washed your KWS Football shirt please place it in a plastic bag with your name on it and return it to the box in the Prep Office.

SUMMER SPORT 2010-11
This term we change to our exciting Summer Sport programme! The information has been sent home detailing team lists, uniform requirements, the procedure for requesting leave, game times and a calendar of events.

YEAR 6 FAREWELL PHOTOS
As part of the Year 6 Farewell Dinner at the end of term, there will be a slideshow presentation. All Year 6 students are asked to bring in 3 photos for inclusion in this presentation. Photos should be handed in to the Prep Office in a named envelope for scanning. Photos on CD or USB drive are welcomed but please make sure that these items are named. All photos are due by Friday 30th October.
The programme is outlined below:

<table>
<thead>
<tr>
<th>Year</th>
<th>TERM 4, 2010</th>
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<tbody>
<tr>
<td>Year 3</td>
<td>Inter-House Competition &amp; Cricket</td>
</tr>
<tr>
<td>Year 4</td>
<td>Inter-House Competition &amp; Cricket</td>
</tr>
<tr>
<td>Year 5</td>
<td>Touch Football &amp; Cricket</td>
</tr>
<tr>
<td>Year 6</td>
<td>Touch Football &amp; Cricket</td>
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</tbody>
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Please be reminded that all of our Internal Competitions require compulsory attendance at all trainings and games. Parental support in this matter is absolutely vital in maintaining the integrity and competitiveness of our Summer Sport programme.

If you would like to request leave from either training or a Saturday commitment please submit a letter requesting leave to your team coach as soon as possible. Any request for leave must be lodged at least two days prior to give the Co-ordinators and coaches enough notice to ensure that your child’s team will not be compromised or disadvantaged.

Over the course of the season, 2 weekends of leave may be granted by the Team Coach. Any subsequent requests must then go to the Prep Sports Co-ordinator and the Head of Prep for approval.

Unexpected absences also require a note to the coach on the following Monday. Unexplained absences will be followed up by the Team Coach with the Sports Co-ordinator. After 3 unexplained absences a letter will be sent home from the Prep Sports Co-ordinator and any further unexplained absences will be referred to the Head of Prep for further action.

**SPORTS DRAW FOR SATURDAY 16 OCTOBER**

Please ensure that all players arrive at allotted venues for Saturday games at least **15 minutes before** the scheduled start of the match. This allows the Coach time to organise and equip the team before the game begins.

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<thead>
<tr>
<th>SPORT/TEAM</th>
<th>TIME</th>
<th>VENUE</th>
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<tbody>
<tr>
<td>U10 Cricket</td>
<td>First Round 28th October</td>
<td>PLC 1</td>
</tr>
<tr>
<td>U12 Cricket</td>
<td>8:00 am</td>
<td>Sturgeon Oval</td>
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<tr>
<td>U13 Cricket</td>
<td>8:00 am</td>
<td>Ex-Students Ovals</td>
</tr>
<tr>
<td>Touch Football</td>
<td>8:30 am</td>
<td>Wolaroi Outdoor Basketball Courts</td>
</tr>
<tr>
<td>Inter-House Competition: Basketball</td>
<td>8:30 am</td>
<td>Wolaroi Outdoor Basketball Courts</td>
</tr>
<tr>
<td>U11 Stingrays</td>
<td>13/10 - 5:30 pm</td>
<td>Field 5</td>
</tr>
<tr>
<td>U12 Dolphins</td>
<td>13/10 – 5:30 pm</td>
<td>Field 4</td>
</tr>
<tr>
<td>U12 Silver Bullets</td>
<td>13/10 – 5:30 pm</td>
<td>Field 2</td>
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</tbody>
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**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.
OPEN DAY 2010

Open Day is our opportunity to show off our outstanding facilities, spacious grounds and the fantastic work of all our students. The event is a great time to tour both campuses at your own pace, or let one of our students show you what the school has to offer. The class rooms are open with numerous displays, events and performances to view. Many current students, parents, and grandparents also attend so the day is a chance to meet some of the KWS community.

Activity Overview:

- 9:45am - Principal, Mr Kennelly address from the Derek Pigot Auditorium
- 9:55am - Fashion Parade
- 10:15am - Morning tea served, prepared by our skilled hospitality students
- From 10:30 am - Guided tours begin with prefects and students, or self guided
- 10:30am / 11am - Classrooms and facilities open for displays. Events occurring all over both campuses. Sport, music, co-curricular, extra-curricular, academic, static and interactive displays and more
- 12 noon - Lunch available in the KWS dining room
- 2pm - Displays conclude
- 2:15pm - Cadet/Music parade on the main oval
- 3:15pm - Open Day concludes

Music Scholarships Auditions on Open Day

For those who are musically inclined, auditions for Music Scholarships will also be held on Open Day. For further details please contact The Registrar, Mr Graham Jaques, Locked Bag No.4, Orange NSW 2800, Phone (02)6392 0403 or email gjaques@kws.nsw.edu.au

General and enrolment information will be available on the day.

Saturday 6 November 2010

KINROSS WOLAROI
SCHOOL

Main Campus:
59-67 Bathurst Road Orange
PLC Campus:
63-97 Coronation Drive Orange

www.kws.nsw.edu.au