

Week 4 Term 2



Wyoming Public School

UPCOMING EVENTS

Tuesday 16 & 23 May

Headstart

Thursday 18 & 25 May

Headstart

PRINCIPAL'S UPDATE

Hello to all,

CROSS COUNTRY WRAP UP

What a terrific day! Thank you to everyone who joined us to enjoy beautiful sunshine, some great races and a sausage sandwich.

Thank you to our P&C members for their organisation of the BBQ and other tasty treats – we look forward to seeing what the regional cross country brings in a few weeks.

Thank you also to Mr Matthew Walter and Mr Gary Robinson for their exceptional organisation of the day's events.

As always, the sportsmanship and participation of all students was outstanding – Wyoming is truly a one-of-a-kind school!

MOTHER'S DAY STALL

Thank you to our P&C for their organisation of the Mother's Day stall. Our students had an amazing arrangement of gifts to choose from.

RETURN OF THE ASSEMBLY ITEM

Class 5/6L kicked off our new K-6 assemblies with the presentation of their dreaming story about how the Blue Tongue lizard came to have a blue tongue. Congratulations to all involved – it was lovely to once again have a full audience to perform to.

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Wyoming Public School

TIPS FOR ASKING QUESTIONS WHEN CHILDREN ARE ANXIOUS OR DISTRESSED.

The following information has come from the Calm Kids Central Team...

When children talk to parents/caregivers about situations the child finds stressful, worrying or upsetting, parents/caregivers have a strong urge to make it better.

This means they will often immediately move to giving advice and ideas before asking questions about what is happening for the child.

It can be helpful to spend more time asking questions about what the child may think and feel about it, how they'd like to manage the situation, what is helping, and what they would like to be done.

Here are some of the tips about asking questions when children are feeling worried, distressed, or upset:

- 1) Show interest, care and concern (ie be close to the child, use eye contact and use facial expressions to show you care and are listening).
- 2) Try to avoid looking alarmed or anxious.
- 3) Be careful not to push "too quickly" for details. Use pauses in between questions and come back to a topic later if needed. Sometimes you may need to wait until everyone is calm enough to be able to talk about what has happened that was upsetting. This may mean that a conversation needs to take place 30 minutes, 1 hour, a few hours or even a day or two afterwards.
- 4) Allow children to do something else while they are talking about a difficult experience (ie building lego, drawing/colouring or playing a card game) Sometimes driving in the car while listening to music can help children talk more easily.
- 5) Make questions easy for the child to answer. For example:
 - oAsk scale questions: On a scale of 0-10, how much does X bother you?
 - oUse demonstration, role play or drawing: Can you show me how you felt? Can you show/draw me what they did that was mean?
 - oUse either/or questions. For example: Is it this situation OR this situation which is hardest?
 - oUse guesses. For example: I'm wondering if you are feeling angry and sad that your friends called you that? I think some kids think X about that - does that sound right to you?
- 6) Ask about "the positives" in a situation as well as the challenges. When things are hard, it is common for children to focus on it and talk about nothing else. Parents/caregivers should help their children talk about, be aware of, and enjoy their strengths and the positive things in their lives. Ask the child about things they enjoy doing or things/people who have been kind or supportive and have helped them cope.

Don't forget that families of Wyoming Public School can receive 12 months free access to Calm Kids Central (calmkidcentral.com) using code WHIN21. This includes online access to a child psychologist who will review and answer any questions within 48 hours of being posted.

Take Care

Rebecca Wild



Wyoming Public School

CROSS COUNTRY CARNIVAL

It was a perfect day for our Cross Country Carnival with the sun out the whole day and the track was in perfect condition. All students are to be congratulated for their participation and sportsmanship.

Students that finished in the top 6 positions and are 8 years or older will be invited to represent Wyoming Public School at the Brisbane Water Zone Carnival. These students will receive a note with the details.

Place Getters

Kindergarten

1. Zac M/ Mahila J
2. Levi H-W/ Cassidy G
3. Axton D/ Avanah R

8-9 Years

1. Yuin C-C/ Loxley J
2. Bailey S/ Eleiya M
3. Taj J-P/ Makylah L

11 Years

1. Tyjahn C/ Sophia M
2. Kaiden J/ Ivy S
3. Tyron H/ Bella H

Stage 1

1. Oscar R/ Blythe T
2. Taj B/ Kora C
3. Andy R/ Oriana S

10 Years

1. Cade P/ Isabelle V
2. Liam B/ Piper E
3. Lachlan G/ Milarni B

12/13 Years

1. Nate S/ Jasmine B
2. Alex G/ Harlow C
3. Riley H-W/ April A

All runners are awarded house points and place getters get bonus points. It was an incredibly close carnival, with Glenn narrowly winning.

Results:

- 1st - Glenn 131
- 2nd- Aldrin 129
- 3rd - Armstrong 125
- 4th - Collins 112

Well done Glenn!

Thank you to all the parents and family that came and supported the runners.

Matthew Walter



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VSLC LEADERSHIP DAY

On Monday 8 May our parliamentarians attended the Valley Schools Learning Community (VSLC) Leadership day. They got to work with schools in our learning community on team work skills and what it's like to be a leader. The students got to participate in lots of team building games and to listen to guest speakers. They also got to work on their school project for 'Wellbeing and Environment' which will be implemented this term.

Jessica Cole



CERTIFICATE OF MERIT

PRINCIPAL AWARDS

HONOUR CERTIFICATE

WEEK 2

WEEK 3

- Kiarra M
- Isabella K
- Heidi B
- Chase W
- Zaiden A
- Alex C
- Jacob W
- Jack T
- Mitchell G
- Darren H-W
- Phoenix P
- Bentlee V-P
- Konnah C
- Calum P

- Riley W
- Tate D
- Maliha J
- Uriah P
- Flynn W
- Alexis C
- Jade S
- Victoria G
- Indigo P
- Chevelle H
- Kristine S J
- Indi B
- James H-B
- Izak S
- Kaiden J

- Zoe P-H
- Yuin C-C
- Alex C
- Cooper A
- Mason M
- Tyson B
- Loxley J
- Jasmin W
- Kristine S J
- Claudia M
- Caelus L
- Angela G
- Samuel H
- Jaxson G

- Xavier B
- Holly J
- Kimora S
- Penelope H
- Cody K
- Destiny D
- Zachary D
- Aleirra B
- Luca H
- Henry V
- Harper B
- Kailee M
- Imogen W
- Kami R

- Matilda B
- Hamish D
- Kami R



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JUMP ROPE FOR HEART KICKS OFF THIS TERM AT WYOMING PUBLIC SCHOOL!

Jump Rope for Heart is the Heart Foundation's primary school skipping challenge that helps kids move more, have fun and raise funds for lifesaving research and programs.

This year is the 40th year of Jump Rope for Heart! To celebrate this milestone, we've got an audacious goal to see our student Heart Heroes at Wyoming Public School to log 40 hours of skipping throughout the program!

Register your child online, so they can receive the full benefits of the program and participate in online fundraising, simply follow the link below to get started. www.jumprope.org.au/parents Or you can scan the QR Code on the back of your child's Jump Rope For Heart key ring that they received this week.

Students will be skipping throughout the term in PE lessons and during lunch breaks. During this time, you can share their online fundraising page with family and friends to help raise money for this great cause. We will hold our school Jump Off Day on Thursday 29 June 2023, this will mark the end of the program and is a chance for everyone to come together to skip and show off their newly learned skills. Information about our Jump Off Day will be sent home later this term.

Thank you for supporting the Jump Rope for Heart program!

Kate Packer