



WEST NEWS

Friday 4th December 2020 | Week 8 Term 4

A MESSAGE FROM THE RELIEVING PRINCIPAL

Important Dates to Remember

Year 6 -Movie Day
Friday 4/12/2020

Presentation Day
Tuesday 08/12/2020

Year 6 Day Out
Wednesday 12/12/2020

Year 6 Farewell
Wednesday 09/12/2020

Year 6 Pool Trip
Friday 11/12/2020

Last Day for Students
Wednesday 16/12/2020

Staff Development Day
Thursday 17/12/2020

**Return to School
Kindergarten & Year 6**
Friday 29th January 2021

**Return to School
Year 1—Year 5**
Monday 1st February 2021



Reminder:



Please return your Preschool
Enrolment Forms to DWPS
school office.



Please keep an eye on our
school app for regular
updates and information.

Dear Parents & Carers,

Dubbo West Public School 2020 Presentation Day will be held on Tuesday 8th December. Due to COVID-19 restrictions this assembly will be an **invite only** event and all attendees will be required to adhere to COVID safe guidelines. There will be a QR code for sign on when you enter the school. Invitations will go home with students today, so please check your child's bag.

Year 6 farewell dinner will be held on Wednesday 9th December at Dubbo RSL Rooftop Terrace. A detailed information note was sent home with Year 6 students earlier this week. A reminder, Year 6 students are required to return the permission note to participate in the 'Year 6 Farewell-Day Out.'

It has been wonderful to read all the positive comments in our student reports this week. Semester Two reports will be sent home during week 10.

Last night the P&C committee held the final meeting for 2020. Expressions of interest is sought for an accountant/ book keeper who would be able to audit the P&C accounts. If you are interested, please submit your expression of interest through the school app. Thank you to the P&C for sourcing the donation of the ornamental pear trees from Bunnings, they look beautiful!

Please note, Dubbo West Public School will be operational for all students until end of day on Wednesday 16th December 2020. Thursday 17th December will be an onsite staff development day. If you are relocating before the start of 2021 please contact the school office to advise as soon as possible.

School will commence for Kindergarten and Year 6 on Friday 29th January 2021. Year 1 – Year 5 will commence on Monday 1st February 2021.

Have a relaxing weekend.

Kind Regards,

Nicci Willis





Summer Reading Challenge

MACQUARIE
REGIONAL LIBRARY
1 DEC - 31 JAN

Fun challenges and tales
of wonder to discover

Join now
mrl.nsw.gov.au

SL State Library
of Queensland

MACQUARIE
REGIONAL LIBRARY



Welcome to headspace Dubbo

Dear Parents & Carers,

Here at headspace Dubbo we understand how stressful it can be raising a young person and the concerns you may have along the way around their physical and mental health from time to time, especially as they embark on this next chapter of transitioning into high school.

We have spent time today with your young person talking about what they can expect in the coming year/s and how to best support themselves and their friends through this time. We talked about juggling different stresses, the difference between 'shark & dolphin' thoughts and where to go when it all gets too much.

Raising sensitive issues and working to resolve problems that arise along the way can be challenging for our young people. It can also be hard as a parent/carer to know the difference between normal adolescent behaviour, such as moodiness, irritability and withdrawal, and an emerging mental health problem. You can find more information on how to start a conversation with your young person about your concerns, or your desire for them to access support here: <https://headspace.org.au/friends-and-family/how-to-start-the-conversation-about-mental-health/>

To further assist in relieving some of your concerns and providing you some additional support we invite you to participate in our Family & Friends workshop "Understanding adolescence and how it affects your teen's mental health and wellbeing" which will be held online via Zoom on Tuesday 8th December at both 1-2pm and again from 6-7pm.

For other weekly chats and webinars run by qualified youth and mental health clinicians head to <https://headspace.org.au/eheadspace/>

To stay up to date with what's happening at headspace Dubbo follow us on Facebook and Instagram @headspaceDubbo and if you wish to make an appointment for your young person at any time feel free to call us on 5852 1900 or email hs.dubbo@marathonhealth.com.au

Best regards,

headspace Dubbo Team

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health.

News from the Canteen

It's nearly the end of the Term, we can see the holidays coming. We have a new member joining our team for the last 2 weeks of the Term, come and introduce yourself and say hi.



The next Terrific Tuesday special is...

Chicken Fingers Meal Deal

1x Serving Chicken Fingers
1x 250ml Water or Slushie
1x Popcorn or Frozen Stick

You can order your Terrific Tuesday Special on the app or at the window on Tuesday morning.



year 7 and beyond - parent/ carer workshop

Raising teens and embarking on high school can be a difficult time to navigate. Hear from your headspace Dubbo Youth Workers in this one hour workshop on how to better understand your teen and their needs, what to expect as they enter high school and where to go when times get tough.

when
Tuesday 8th December 2020

where
Online: 1-2pm and 6-7pm

contact
To register email
amy.mines@marathonhealth.com.au
or call 5852 1900

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health.

School Canteen



From the P&C

Thank you to everyone that joined us last night at for our last P&C meeting of 2020. It has been an exciting year for the P&C, and so many awesome things are in the pipeline, so watch this space!

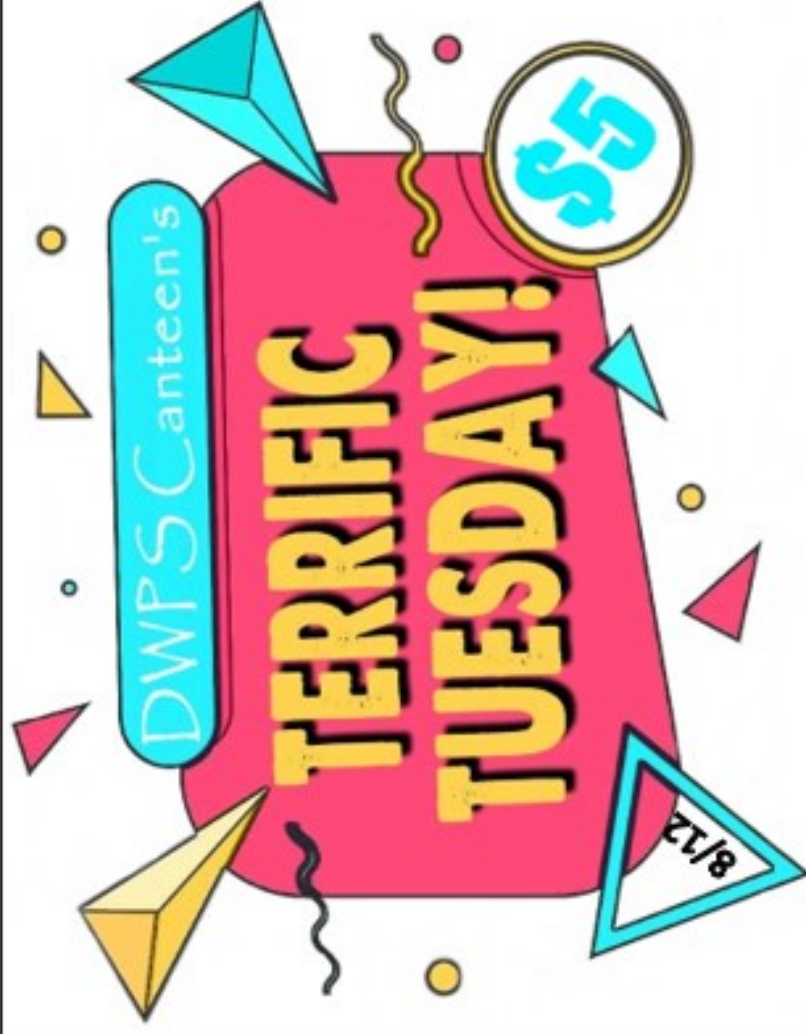
HELP WANTED

(Bookkeeper)

We are looking for a Bookkeeper that would be willing to assist us with our end of year Audit. Please message through the app and someone from the P&C will get back to you.

Save the date! Our AGM is tentatively set for the 11th February 2021 at 7pm.

See you there!



Chicken Fingers Deal

- 1 x Serve Chicken Fingers
- 1 x 250ml Water or Slushie
- 1 x Popcorn or Frozen Stick

Name: _____

Class: _____ Lunch _____ Recess _____

Drink: Water Slushie

Choice: Popcorn Frozen Stick