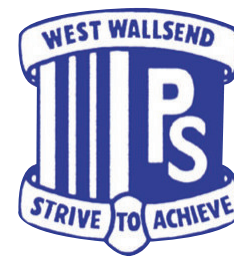


Primary entry #52: West Wallsend Public School



# West Wallsend Times



The positive parenting program helps parents. Picture: Triple P

## Triple P is giving our parents help

By ZOE McLEAN

HAVE you ever wondered what to do when the kids aren't doing what you ask? Do you want happy, healthy children? To help parents navigate parenting, West Wallsend Public School has been running the Triple P – Positive Parenting Program.

Triple P is designed to help parents take the guesswork out of parenting. It gives parents tips and help in managing big and small problems. It tackles parenting from birth right through to the teenage years.

There are five key steps to the program: 1. Create a safe, interesting environment; 2. Have a positive learning environment; 3. Use assertive discipline; 4. Have realistic expectations and, 5. Take care of yourself as a parent. Through a series of learning sessions, parents are guided through the processes.

The Learning and Support Teacher at West Wallsend, Mrs Houlston, has been trained to guide parents through the Triple P process. She believes that this program is of immense benefit to new and experienced parents. Not only do they learn about positive parenting techniques, they also have the opportunity to discuss parenting issues in a supportive environment and build networks with other parents.

Maybe it should be rolled out to all parents.

By PIPER BUTCHER and JASMINE READ

IN a new program this year, the Department of Education, in partnership with Sport and Recreation, ran a three-day Future Leaders Camp for primary students at Myuna Bay. Nine students from West Wallsend Public School attended and learnt about leadership and co-operation with students from three other schools including Wyee Public, Cambridge Park Public and Kurri Kurri Public.

Through fun activities such as rock climbing and canoeing students were encouraged to support each other in achieving their goals and plan activities back at school. They were supported by camp supervisors Katie and Kristy.

Students were challenged at every turn. As one said, "Climbing a 16-metre rock wall was exhilarating. While we climbed the other eight students in the group had to belay us then lower us to the ground when we couldn't go any further. Everyone encouraged the person on the wall to reach their own goal."

Canoeing was another activity where teamwork skills were built with a twist. One student said, "We had to put three people in a canoe. The two of us had paddles and were blindfolded and the third had to navigate but had no paddle. We had to listen really carefully to the



Future leaders from West Wallsend Public are ready to take on the world. Picture: Lee-Anne Burke

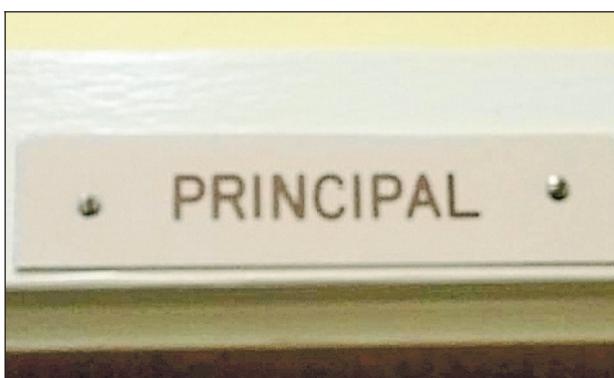
navigator's instructions, otherwise we would crash into other boats." In the single kayak challenge students had no paddles and had to steer and propel the boat just using their bodies.

Students chose a project to complete back at school and had to create an action plan for implementation. This involved using the

5P process – working out the people, product, practices, process and purpose. This proved to be a challenge for students as they needed to come to agreements and justify their ideas to other team members. Throughout the camp students set purposeful goals, then self-assessed.

Ms Burke accompanied the students from West Wallsend. "I was

really impressed by the level of commitment shown by all of the kids. No matter what every single child supported their team in new situations. Some things like the canoe challenge were funny to watch, but each child returned with a smile on their face and a positive outlook. The skills and experiences acquired by the students were invaluable."



Is this you? The role of principal can be challenging but rewarding. Picture: Lee-Anne Burke

## Principal must lead the way for all

By ISAAC HAMILTON and GEORGE KRAH

THE job of school principal can be tough. The principal is in charge of staff and students. They oversee the learning of students and the growth and development of staff.

Principals are qualified teachers who have decided to take on a leadership role in education. However they also have to become experts

in managing budgets, working out timetables and leading teachers.

The job of principal is often hard and there are long hours. It is not just 9am to 3pm. Principals and teachers work before school, after school and on weekends and holidays. Sometimes the paperwork is endless.

There are many reasons people decide to become principals. Mrs Wasson,

principal of West Wallsend Public School, finds being a principal challenging and rewarding. "I love my job, even though sometimes it is tough. I get to work with students and teachers. I love seeing the personal growth made by all at my school and know that I have contributed to it. I love working at West Wallsend Public School. It is a beautiful spot. A country school on the edge of a city."

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