

Windellama Public School News

email: windellama-p.school@det.nsw.edu.au

Website: www.windellama-p.schools.nsw.edu.au

Phone: 4844 5130

Fax: 4844 5265



REGIONAL ATHLETICS

Windellama was represented by Georgia R. at the recent regional athletics carnival at Canberra Athletics track.

She ran a personal best time of under 17sec. for the 100m.

TREE PLANTING ALONG WINDELLAMA CREEK

On Monday 13 September, students, staff, parents and community members planted 150 Ribbon Gums along Windellama Creek in behind the school. Windellama Landcare were a great help in giving guidance and muscle to the day to get all the trees planted. Everyone enjoyed the activity and the sausage sizzle afterwards!



TARALGA SPORTS DAY

Students from Windellama participated in the annual Taralga Small Schools Sports Day on Sept 10. Our school was racking up a great number of ribbons in all the events when the heavens opened and the events were abandoned! We still had a great day with lots of participation by all!



UPCOMING EVENTS

Term 4

- First Day back – Monday Oct 11
- NUDE FOOD DAY – Wednesday Oct 13
- COMMONWEALTH GAMES FUN DAY – Tarago PS – Thursday Oct 14
- Kinder 2011 Orientation Day No2 – Oct 22
- MOGO/HUSKISSON Excursion – Oct 25/26
- P&C Meeting – Monday Nov 1
- WINDELLAMA CUP – Tuesday Nov 2
- Kinder 2011 Orientation Day No3 – Nov 5



ROSTRUM PUBLIC SPEAKING

Our school held a public speaking competition recently to choose 1 representative to participate in the Goulburn Rostrum Public Speaking competition.

Our Prime Minister, Tara, was selected and she competed with great confidence on the night. We are very proud of her achievement!

Enjoying visitors ?

Bring them in to the

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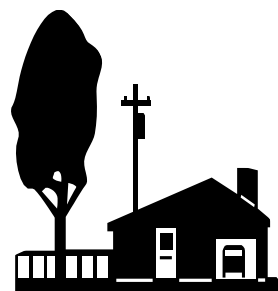
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'Simply Sustainable Lifestyle' at Windellama's Small Farms Field Day



6th November 9am to 4pm



At Windellama's Small Farms Field Day there will be exhibitors & demonstrations to inform & excite you.

Entry fee is more than reasonable with adults paying only \$5 each, pensioners only \$3 each, and all school children FREE.

- **FREE** ample parking is available.
- Pick up your **FREE** Field Day guide at the main gate entry.
- Fill in your gate ticket & enter in the draw for your **FREE** prize drawn later in the day.
- Enter the cow pat competition - lots of fun with **\$1,000 prize.**
- **FREE** Reptile awareness exhibitions
- Check out your Field Day Guide for the times of various **FREE** lectures.



Entertainment for children is also available in a designated centrally located area; including a jumping castle, face painting, animal nursery, and craft activities to name a few.

Entertainment for all ages with live music in our comfy seating areas where hot & cold food, hot & cold refreshments are available all day; making for a relaxed & friendly family atmosphere.

The Windellama Museum is open to all for a look into the past and also the

history of the Windellama area. There are also various craft / market stall holders, vintage machinery, local spinners & weavers, local emergency services & much more to pique your interests.

Bargain purchases on the day are guaranteed from the many exhibitors & market stall holders.



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Forty Grants & Donations Help Community

Fourteen grants & 26 donations were distributed by the Veolia Mulwaree Trust at its August meeting.

Among the groups which successfully applied for grants were the Wollondilly Shire Council which will receive \$70,000 toward a new amenities block at Waterboard Oval at Warragamba which will include a canteen, toilets and club rooms. The Goulburn branch of Abbeyfield Australia also obtained a grant of \$50,000 toward the development of the Abbeyfield Goulburn Disability House.

Trust Chairman Paul Stephenson encouraged all eligible groups with worthwhile projects to apply to the Trust's upcoming funding round. He said grants and donations were available to assist schools, sporting groups, community health services, charities, local councils, churches and other incorporated, not-for-profit organisations with community based projects.

The Trust's funding is provided by Veolia Environmental Services, owners of the Woodlawn Bioreactor near Tarago, and distributed to organisations within the Goulburn Mulwaree, Palerang, Upper Lachlan, Wingecarribee, Oberon, Shoalhaven and Wollondilly Council areas.

Veolia Mulwaree Trust guidelines and application forms and more information about the Trust's grants and donations are available at www.mulwareetrust.org.au or by calling (02) 4822 2786.

The next closing date for applications to the Veolia Mulwaree Trust is 1 November 2010.

During the last month, Goulburn District CanAssist Branch has corresponded with sports clubs and service clubs, asking for assistance. To date, the group has received donations from the Soldiers Club, Barbeques Galore, Lincoln Paints, Eva Froncek, a Graphic Designer, and Tom Moss Auto Repairs. These donations all support local people because all of the local Branch funds and resources stay in the district, to help local people suffering from cancer. The committee is grateful to our donors and commends their support for this important local initiative.

To raise public awareness and funds, CanAssist will be hosting a stall at the Lilac Time Markets during October, November and December and hopes that the public will support this endeavour. We will be selling tickets for a trailer load of wood, selling books by a local author, and Christmas cards.

In another fund-raising initiative, on the 16th October the Branch is hosting a White Elephant sale with a sausage sizzle. The public are invited to contribute items that can be sold. Please contact Marie on telephone number 4821 5927 if you have anything to be picked up. Items can be delivered to 201 Bourke Street, Goulburn.

The next meeting of Goulburn and District CanAssist takes place on Thursday 21st October at 6 p.m. at the Goulburn Soldiers Club.

Any local cancer sufferers who are in need of financial assistance are welcome to contact the liaison officer at telephone number 4821 5927.

Do you have new neighbours?

Why not recycle your hard copy of the Windellama News to them, or email them our website link.

This is probably the best way for newcomers to come along to our local activities; and also to find and use our local businesses and services.

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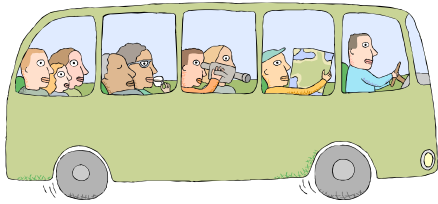
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WINDELLAMA PUBLIC SCHOOL TRANSITION TO KINDERGARTEN PROGRAM

**For students beginning 2011
(Eligible students: turning 5 before 31 July 2011)**

ORIENTATION PROGRAM

Friday 22 October:

Orientation Day No.2: 9am – 11.30am

Friday 5 November:

Orientation Day No.3: 9am – 11.30am

Friday 19 November:

Orientation Day No.4: 9am – 11.30am

Friday 3 December:

Orientation Day No.5: 9am – 2.50pm

Tree Planting @ Tomboye

Thank you to all the folk who came to help in the second stage of tubestock planting from Mark Tisdell on his property on Saturday 18th September.



A special "Thank you" to *Mongarlowe Landcare* for loaning their powered hand held augur & to Bi Bott from *Friends of the Mongarlowe River Group* who wielded it with such ease & made the planting of 400 trees so very easy. It was a beautiful day with lots of comfortable conversation, followed by a BBQ lunch.



If you would like to help in the final stage of planting which will be on Saturday 16th October at 10am, (9.30 am if you would like a cuppa first), we would be grateful.

For catering purposes would you ring Di Roberts 4844 5344 by Wednesday 13th October please.

Mark's address is 159 Tomboye Road, Tomboye.



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Intimacy and Sex

People generally seem to have two conflicting needs in relationships.

1. We want a sense of space and autonomy, of being allowed to do our own thing. Our independence is important to us.
2. We also want to be close to someone else, to know that we are loved and accepted for who we are, despite our faults. We need to know that we matter deeply to someone else, and that we are valued by them. In other words, we long for intimacy.

Intimacy strengthens how we value ourselves, reassures us that we matter, and enables us to face the world with confidence. As children, we achieve this sense of intimacy with our parents. As adults, we seek to achieve it in close relationships and with other adults - in friendships, in family relationships, and with a partner. Intimacy is important in relationships, but is not always easily achieved. The following provides information to help couples share their thoughts and to explore together ways of making their relationship happier and more fulfilling and to possibly save their relationship from total breakdown.

It does not attempt to give answers, because what works well for one couple may not work well for another. Instead, issues which trouble most couples at some stage in their relationship are described, as well as possible ways of tackling these issues are suggested.

Intimacy is about being emotionally close to your partner, about being able to let your guard down, and let him or her know how you really feel. Intimacy is also about being able to accept and share in your partner's feelings, about being there when he/she wants to let their defences down. We all have an internal world of feelings and experiences, the world of our dreams, hopes, fears, hurts and memories, the world of our 'inner-most' thoughts. To be able to share our 'inner-world' with a partner we love, and to be able to share our partner's experiences, is one of the most rewarding aspects of a relationship.

Intimacy often doesn't need words, but being able to put feelings and experiences into words makes intimacy more likely to occur. Intimacy involves being able to share the whole range of feelings and experiences we have as human beings – pain and sadness, as well as happiness and love. Most of us, however, find it easier to share some types of feelings than others. For example, are you and your partner able to let each other know how you feel about each other?

Saying 'I love you' is important. Assuming your partner knows about your love because of the way you behave is usually not enough. How do you feel when you are sad, a little depressed, in need of some comforting and reassurance? Are you able to let yourself be dependent and to receive some nurturing? Is this balanced in your relationship, or is one partner the 'strong one' who never needs to show any vulnerability? If so, is this really how you want things to be in your relationship? How do you feel about yourself when you've taken a bit of a knock and are feeling 'small' and 'put down' or when you've achieved something that makes you feel good about yourself?

How do you feel about sex? What do you like and don't like in your love-making, and about how your sexual relationship could be made more enjoyable for you? Do you really know what your partner thinks and feels, or do you have to guess and 'mind-read'? Are you able to be open with your partner, or do you feel that your partner would not be able to accept some of your feelings?

Intimacy is a journey of discovery in a relationship. Many couples start out their relationship sensing they have achieved a new dimension of intimacy which they have not experienced before. They are in love, it is exciting, and they cannot imagine a greater degree of intimacy. Yet as the years pass and they go through some of the highs and lows in their relationship, they discover a series of deeper levels in their intimacy. Each discovery makes the relationship more rewarding and fulfilling.

For most couples, one of the times when they are most aware of being intimate is when they are making love. This is not surprising - sexual activity involves trust and taking the risk of being vulnerable with each other. It is a time when, both physically and emotionally, partners let themselves get close to each other.

Making love can then lead to intimacy. Indeed, this is one of the purposes that sex serves in relationships - bringing the couple back into emotional closeness with each other. A good experience of sex in the relationship often makes it easier to remove the risk involved in talking about other experiences. Sex cannot, however, carry all the burden of intimacy in the relationship. Being able to share feelings of anger, hurt, sadness, pride - the full range of emotional experiences - is also necessary. Without this, some couples find that after a while they begin to feel lonely and unappreciated. It is sometimes necessary for a couple to learn how to be close and express affection for each other without this leading straight on to lovemaking.

This is particularly difficult for some men, who may have been brought up to believe that showing their feelings is somehow a betrayal of their masculinity. When they feel sad, as we all do at times, they can only deal with their sadness by being angry. And when they feel close to their partner, they can only express affection through sex. The more a couple is intimate with each other in ways other than sex, the more rewarding their sex life usually becomes. So, sex and intimacy are not the same, but they are closely related and easily influence each other.

Intimacy is one of the high points of a relationship. But because of the ways that our busy lives intrude, relationships can't run on a high all the time. Space is also necessary so that each partner can develop as an individual. Separateness, being able to be an individual, makes the coming together of intimacy deeper and more special.

So ask yourself these questions. Are you able to have a part of your life to yourself? Are you able to do things on your own that give you satisfaction, or are you totally dependent on your partner for happiness?

Real intimacy is when two independent people choose to come together.

Adapted: "Aust. Institute of Professional Counsellors"
Prepared by: www.virtualrealitycounselling.com

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