**DIARY DATES**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Thurs 7th, 14th, 21st Nov</td>
<td>Prep Orientation</td>
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<tr>
<td>Fri 15th November</td>
<td>Resources Committee Meeting</td>
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<tr>
<td>Wed 20th November</td>
<td>School Council Meeting</td>
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<tr>
<td>Thurs 28th November (P/s note change of date)</td>
<td>Hot Lunch</td>
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<tr>
<td>Fri 29th November</td>
<td>Pupil Free Day</td>
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<tr>
<td>Sat 30th November</td>
<td>P&amp;F Bellarine Rail Trail bike ride/lunch in Queenscliff</td>
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<tr>
<td>Thurs 7th November</td>
<td>Strawberry Fair Meeting</td>
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<tr>
<td>Fri 7th December</td>
<td>CRE Christmas Service (in the Hall)</td>
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<tr>
<td>Wed 11th December</td>
<td>Evening Christmas picnic (Santa in attendance)</td>
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<tr>
<td>Thurs 12th December</td>
<td>P&amp;F evening meeting 6pm followed by dinner 7pm (venue TBC)</td>
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<tr>
<td>Fri 13th December</td>
<td>Working Bee (from 3.30 pm onwards)</td>
</tr>
<tr>
<td>Tues 17th December</td>
<td>Year 6 Graduation</td>
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**PRINCIPAL NEWS**

**Punctuality**  
School commences at 9:00am each weekday. I have noticed a number of students arriving after the bell. I urge all parents to ensure that their child is at school on time each morning.

International research demonstrates a strong correlation between students’ learning, longer-term life outcomes, attendance at school and appropriate participation in education programs. It is crucial that children and students develop habits of regular attendance at an early age; even from the time they are enrolled in a preschool setting.

Poor patterns of attendance place students at risk of not achieving their educational, social and psychological potential and are disadvantaged in the quality of choices they are able to make in later life situations.

**School Council**  
Next school council will be on Wednesday 20 November at 3:45pm

**Strawberry Fair Meeting**  
The next meeting of the Strawberry Fair Meeting will be on 21 November at 7:00pm.

**New Prep parents**  
Today I had the pleasure of meeting with the new prep parents as part of the prep Orientation program that is being organised by Mrs King. This is an important part of the transition to school. Mrs King has also been out and about visiting the various kindergartens. Thanks to the “Parents and Friends” for providing morning tea.

The Department of Education and Early Childhood Development Website  
The parent section of the website provides parents with information about schools and what resources are out there to support you and your child/ren through their schooling life.

**Relay for Life**  
**A big thank you to Sally Peter for her organization and leadership of “The Wallington Bunyips”. The Wallington Bunyips were a relay team in last week-end’s Relay for Life that was held at the Collendina Reserve in Ocean Grove. Wallington Primary School would sincerely like to thank everybody involved with the day and for all of the donations and support received by staff, and the Community.**

**Wallington Primary Schools – Tour De Bellarine**  
This is a social event organised by the Parents and Friends Committee and is open to all families. A flyer has gone home outlining the day and how you can join in.

**Keeping Kids Active**  
Anyone who’s seen kids on a playground knows that most are naturally physically active and love to move around. But what might not be apparent is that climbing to the top of a slide or swinging from the monkey bars can help lead kids to a lifetime of being active. As they get older, it can be a challenge for kids to get enough daily activity. Reasons include increasing demands of school, a feeling among some kids that they aren’t good at sports, a lack of active role models, and busy working families.

And even if kids have the time and the desire to be active, parents may not feel comfortable letting them freely roam the neighborhood as kids once did. So their opportunities might be limited.

Despite these barriers, parents can instill a love of activity and help kids fit it into their everyday routines. Doing so can establish healthy patterns that will last into adulthood.

**Benefits of Being Active**  
When kids are active, their bodies can do the things they want and need them to do. Why? Because regular exercise provides these benefits:

- Strong muscles and bones, weight control, decreased risk of developing type 2 diabetes, better sleep, a better outlook on life. Healthy, physically active kids also are more likely to be academically motivated, alert, and successful. And physical competence builds self-esteem at every age.

[Link to Kids Health website for staying fit and active kids](http://kidshealth.org/parent/nutrition_center/staying_fit/active_kids.html)

**SUPER STUDENT OF THE WEEK AWARDS**

<table>
<thead>
<tr>
<th>Class</th>
<th>Student</th>
<th>Reason for Award</th>
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</thead>
<tbody>
<tr>
<td>PK</td>
<td>King</td>
<td>For showing great improvement in her reading and for being a very good helper in the classroom.</td>
</tr>
<tr>
<td>PK</td>
<td>King</td>
<td>For always trying her best in class and producing great work all the time.</td>
</tr>
<tr>
<td>12B</td>
<td>Brislane</td>
<td>For a consistently hardworking and teamwork approach to all facets of her learning.</td>
</tr>
<tr>
<td>12B</td>
<td>Brislane</td>
<td>For being a reliable and trustworthy monitor.</td>
</tr>
<tr>
<td>12V</td>
<td>Vaught</td>
<td>For being a good friend.</td>
</tr>
<tr>
<td>34J</td>
<td>Jones</td>
<td>For great class discussion this week.</td>
</tr>
<tr>
<td>34L</td>
<td>Lennon</td>
<td>For great teamwork and co-operation out in the yard and in the classroom.</td>
</tr>
<tr>
<td>34L</td>
<td>Lennon</td>
<td>For working hard to complete his reading box activities.</td>
</tr>
<tr>
<td>5D</td>
<td>Dukett</td>
<td>For his ability to work indepdently on his camp activities this week.</td>
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**Website:**  
[www.wallington-ps.vic.edu.au](http://www.wallington-ps.vic.edu.au)

**Contact:**  
608-610 Wallington Road Wallington 3222  
Ph: 5250 1841 Fax: 5250 1459  
Email: wallington.ps@edumail.vic.gov.au

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**Leigh McLaren**  
Principal
FIRE DANGER RATING
UNDERSTAND THE
FIRE DANGER RATING

Being familiar with the Fire Danger Ratings and the recommended actions will help keep Victorians and visitors safe over the fire danger period.

A feature of weather forecasts, the Fire Danger Rating indicates how dangerous a fire would be if one started. They can be found in newspapers, broadcast on radio, television and on websites.

Fire Danger Ratings are based on the weather conditions and the amount of dry vegetation. A Code Red Fire Danger Rating is the highest rating and signals the worst conditions for a bush or grass fire. While Code Red days are very serious, they are also very rare with only two Code Red days since the Code Red rating was introduced four years ago.

It is important to remember that you are still at risk on days with a High, Very High, Severe and Extreme ratings. These days are much more common, so it is important to understand what they mean and what you will do when they are forecast.

Familiarise yourself with the Fire Danger Ratings and their recommended actions. They will help you to develop bushfire safety procedures and be used as a prompt to take action. The higher the Fire Danger Rating, the more dangerous the conditions and the more considered your procedures should be. For more go to the CFA website www.cfa.vic.gov.au or call CFA Hamilton on 5551 1500.

Bellarine Secondary College
Second Hand Book & Uniform Sale
Drysdale Campus
Peninsula Drive Drysdale 3222
Wednesday 4th December, 2013
Rooms C1, C2, C3 and C4
Drysdale Campus 4.30pm – 7.00pm

Listed below are the procedures for the Bellarine Secondary College Parents & Friends (P & F) Second Hand Book and Uniform Sale:

- Sales will be made using a number system - each person will be issued with a number on arrival at 4.00pm. Sales will then be made according to numbers e.g. first in will be numbers 1 - 20 etc - this system is designed to help make the evening run more smoothly.
- Please make an effort to attend as there is no guarantee that there will be second hand books or uniforms available at the commencement of Term 1, 2014.
- Please be aware that every year there are limited Year 7 texts available.

Children With Type 1 Diabetes - Are You Challenged by Your Child’s Diabetes?
Research into parenting children with type 1 diabetes.

The University of Queensland is conducting research into parenting children with type 1 diabetes. Parenting a child with diabetes presents many challenges (everything from the regular blood glucose monitoring and insulin intake, to more general parenting tasks). The aim of this study is to understand the factors that make the management of childhood diabetes particularly difficult, and to use this information to develop strategies that might assist parents in managing their child’s diabetes.

If you are a parent of a 2 to 10-year-old child with type 1 diabetes, we would love to hear from you!

By sharing your experiences (confidentially), you will be making a valuable contribution to the development of much-needed childhood diabetes management strategies for parents.

To complete the online survey, please log on to: https://exp.psy.uq.edu.au/type1diabetes

For further information about the project or to request a survey to be posted to you, please email Aditi Lohan (aditi.lohan@uqconnect.edu.au) or call (07 3365 7689) at the Parenting and Family Support Centre in the School of Psychology at the University of Queensland, St Lucia QLD 4072 (Fax: 07 3365 6724).

Thank you for your time and participation.
Aditi Lohan, Alina Morawska, and Amy Mitchell
UQ Parenting and Family Support Centre